THE Zam-Buk
GREEN BOOK
of
Prophecies
1923
OVER 1,000 PRIZES!
SEE FREE COMPETITION INSIDE

£233 IN PRIZES TO OUR READERS.

A Fascinating Zam-Buk Competition.

Win £50 by Making a List of Zam-Buk Cures from Newspapers & Books.

HAVE you ever noticed how many fresh outstanding cures achieved by Zam-Buk are reported every week in the chief newspapers? As these cures, before being published, are usually investigated by the newspaper itself, the list forms overwhelming evidence of the unusual virtues belonging to Zam-Buk.

WHAT YOU HAVE TO DO.—Read the cases reported in this "Green Book" and any other Zam-Buk pamphlet, and also watch the newspapers for any fresh reports of cures by Zam-Buk. Make careful note of the names and addresses of the people cured by this world-famous herbal balm; and note also the ailments of which they have been relieved.

Take a sheet of foolscap paper and rule it in three columns. In the first column put the name and address of the person or persons in question. In the second column state what are the ailments which Zam-Buk cured them of in each report. Opposite in the third column write clearly the name of the newspaper (give date also) or booklet in which you first saw the cure printed.

More important, however, is it to **read carefully through each case printed,** as everything depends upon the accuracy with which you copy the various ailments or injuries that afflicted the person or persons till the arrival of Zam-Buk's victorious aid. First compile the cases from this "Green Book," and then search newspapers for more remarkable Zam-Buk cures. It is not necessary to copy out the whole report of a cure; only copy the name and address of the patient and the principal ailments cured. Go on adding new cases to your list day by day and week by week till the last day in February, 1923.

Not later than Saturday, March 3rd, 1923, your list, signed with your full name and address, clearly written at the bottom, must be sent by post to The Zam-Buk Co.'s **PRIZE DEPARTMENT,** Carlton Hill, Leeds. No list will be considered which does not bear the Competitor's own full name and address.

THE FIRST PRIZE OF £50, CASH, will be awarded to the Competitor who sends in the largest number of cures correctly copied from newspapers, magazines, pamphlets, or other advertising publications. The full list of 1,120 prizes which you may try for is as follows:—

1,120 VALUABLE PRIZES.

For the List containing the Largest Number of Cures correctly copied, the Prize will be (cash) £50.
For the Next Longest Correct List .. .. (cash) £25.
For the Third Longest Correct List .. .. (cash) £10.
For the 4th, 5th and 6th Correct Lists Next in Length, each .. .. (cash) £2 10s.
For the 7th, 8th, 9th, 10th and 11th Next Longest Correct Lists, each .. .. (cash) £1.
For the 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th and 20th Next Longest Correct Lists, each .. (cash) 10s.
For the 100 Correct Lists Next in Length .. .. A Large 5s. Box of Zam-Buk each.
For the 200 Correct Lists Next in Length .. .. A 3s. Box of Zam-Buk each.
For the 300 Correct Lists Next in Length .. A 3s. Box of Zam-Buk Soap (containing 3 Large Tablets) each.
For the 500 Correct Lists Next in Length .. .. A 1s. 3d. Box of Zam-Buk each.

READ & OBEY THESE RULES.

1.—The decision of the Judge in this Competition must be accepted as final, and no correspondence touching the subject of the Competition can be entered into.

2.—No past or present employee of The Zam-Buk Co., at any of their laboratories, offices, factories, or warehouses, will be allowed to compete.

3.—**No List received after the First Post on Monday Morning, March 5th, 1923, will be considered.** Post your list to The Zam-Buk Co.'s Prize Department, Carlton Hill, Leeds.

4.—Only the correct Name and Address and the injuries or disease cured by the Zam-Buk Balm in each case reported must be given; and any entry where this is not done will be disallowed by the Judge in adding up the total number of cases cited by the Competitor.

5.—The cures may be quoted from (1) this "Green Book" and any other pamphlet; and also from (2) your own local paper; (3) any of the London and Provincial morning and evening papers (to be seen at most Public Libraries and Reading-rooms); (4) the monthly magazines, and all other journals in which the Zam-Buk cures are referred to. **Your object is to find out the largest number of people whose cures by Zam-Buk get into print,** either in public journals or in Zam-Buk booklets.

6.—You are not allowed to include in the list any of the cures which you have heard of in your district, but which have not yet been reported in the newspapers, or printed by The Zam-Buk Co. in any of their booklets. **Only printed cases count.**

7.—When two or more cures by Zam-Buk are mentioned in one paragraph or advertisement, all the cases should be quoted by the Competitor. *Every separate person cured counts as one.* If other papers report a cure which you already have on your list, don't enter the name again. The same case must not be entered twice.

8.—There is **NO ENTRANCE FEE** or any charge whatsoever in connection with this Competition.

9.—**A complete list of the Awards will be sent post free to every Competitor** as soon as the laborious task of sorting and examining all the lists can be finished and the Awards made by the Judge, and printed.

There's Nothing to Compare with ZAM-BUK.

JANUARY. 1923.

		Remarkable Events, Feasts, Etc.
1	M	Old Age Pensions began, 1909.
2	Tu	Calcutta Captured, 1757.
3	W	Silvertown Explosion, 1917.
4	Th	Field-Marshal Joffre born, 1852.
5	F	Sir E. Shackleton died, 1922.
6	S	Irish Free State founded, 1922.
7	S	**1st Sun. after Epiphany.**
8	M	Gallipoli evacuated, 1916.
9	Tu	Nelson's Funeral, 1806.
10	W	Penny Postage began, 1840.
11	Th	Earl Curzon born, 1859.
12	F	Marquis of Crewe, K.G. born, 1858
13	S	Nat. Insurance Benefits began '13
14	S	**2nd Sun. after Epiphany.**
15	M	Submarine A7 lost—11 lives—1914
16	Tu	Admiral Beatty born, 1871.
17	W	Rt. Hon. D. Ld. George b., 1863.
18	Th	Scott reaches South Pole, 1912.
19	F	Cape Colony annexed, 1806.
20	S	John Ruskin died, 1900.
21	S	**3rd Sun. after Epiphany.**
22	M	Pope Benedict XV. died, 1922.
23	Tu	(22) Queen Victoria died, 1901.
24	W	Naval Battle, Dogger Bank, 1915.
25	Th	Edward VII. proclaimed, 1901.
26	F	General Gordon killed, 1885.
27	S	Ex-Kaiser Wilhelm born, 1859.
28	S	**Septuagesima.**
29	M	New Yk. Cinema Crash (69 k.) 1922
30	Tu	Anglo-Japanese Treaty, 1902.
31	W	Rev. C. H. Spurgeon died, 1892

USEFUL HINTS.

A good floor stain that goes right into the wood and is very durable is made of linseed oil coloured with ground burnt umber. Rub thoroughly into the boards with a flannel pad and next day polish with beeswax and turpentine or any floor polish that you are in the habit of using.

* * *

When troubled with chilblains try Zam-buk at once. It is a wonderful soother and cure, as Alec. Sizer proved. Writing from East Fen Common, Soham, Cambs., Mrs. Sizer says:—"Until Zam-buk cured Alec's awful chilblains he positively dreaded the winter. Now he never has the old pain, swelling, or inflammation, but romps about like other boys. Zam-buk is just splendid!"

* * *

Don't neglect even the smallest pinprick or splinter, because it is quite possible for a painful and dangerous infection to follow, depending upon the general condition of the person's system and the cleanliness of the object which caused the injury. Apply Zam-buk at once.

PREDICTIONS.

To All My Readers, Zodiacus sends Greeting! The year 1923 will be one of strange eventfulness, both in the political and financial worlds. The year hardly opens before a crisis is developed in Parliamentary affairs. I predict a strong Socialist movement against the Government, and an impending change of the Ministry. This may be due to faulty administration, but more likely to unscrupulous finance. The Budget forecast will be ominous of disaster. The Chancellor of the Exchequer will be strongly criticised and Extremists will seize upon the opportunity to embarrass the Ministry.

Affairs relative to expenditure upon Army upkeep, munitions of war, and mandatory expenses will make a crux upon which the Government will be exposed to the taunts of a long-suffering public.

Some deadlock in Labour occurs about the 11th, and at the same time the Air Service is criticised and suffers some loss of prestige.

The Oil Trade will expand during the month, and some beneficial move is made in regard to Public Health, probably during the first fortnight. But the Exchequer will have difficulty in regard to ways and means, and a critical stage in discussions will be reached on the 19th.

The eyes of the British public will be on Galicia, where reactions and counter-revolutions will be in process. Deeds of violence will be the order of the day in Russia, and anarchy will spread its crimson trail over snowy plains.

The weather for the month will be cold and windy.

Moon's Phases.

Full Moon, 3rd	...	3.33 a.m.
Last Quarter, 10th	...	0.54 a.m.
New Moon, 17th	...	2.41 a.m.
First Quarter, 25th	...	3.59 a.m.

Dr. Andrew Wilson, the famous Medical Authority, says:—Wherever a box of Zam-Buk is handy this balm may be relied upon as an antiseptic dressing which requires no preparation, and posesses **unique** soothing and healing properties.

In burns and scalds the injured skin surface may be advantageously treated with Zam-Buk, or Zam-Buk and olive oil mixed to a convenient consistency. Strips of lint should be smeared with Zam-Buk and placed over the injured parts. Then a layer of cotton wool should be placed and secured by a bandage.

Zam-Buk also provides one of the best dressings for a wound or cut. It appears to exercise a special action on torn and severed tissues, keeping them clean and helping them to knit together again.

Remember Zam-Buk cures in a way unlike any cheap salve.

FEBRUARY. 1923.

		Remarkable Events, Feasts, etc.
1	Th	King & C. Prin. Portugal ass. 1908
2	F	Candlemas, Scottish Quarter Day
3	S	(4) Thos. Carlyle died, 1881.
4	S	**Sexagesima.**
5	M	Sir Hiram Maxim born, 1840.
6	Tu	Sir H. Irving b., 1838, d., 13/10/'05
7	W	Chas. Dickens b., 1812, d., 9/6/'70
8	Th	(9) Russo-Jap. War started, 1904.
9	F	Lord Carson born, 1854.
10	S	Lord Chas. Beresford born, 1846.
11	S	**Quinquagesima.**
12	M	Republic estab. in China, 1912.
13	Tu	*Shrove Tuesday.*
14	W	*Ash Wednesday.*
15	Th	Kimberley relieved, 1900.
16	F	City Equitable Insur. Smash, 1922
17	S	Battle of Ancre, 1917.
18	S	**1st Sunday in Lent.**
19	M	(18) Zaghlul Riots, Cairo, 1922.
20	Tu	(19) Bigland acquitted, 1922
21	W	U.S. airship expl. (30 killed), 1922.
22	Th	Gen. Baden Powell born, 1857.
23	F	(22) Geo. Washington born, 1732.
24	S	Kut captured, 1917.
25	S	**2nd Sunday in Lent.**
26	M	(25) Landru guillotined, 1922.
27	Tu	(25) Viscount Harcourt died, 1922.
28	W	Pr. Mary mar. 1922, b. 25/4/1897.

USEFUL HINTS.

Contact with air increases the pain of a burn; therefore, after the initial treatment with Zam-buk, the burn should be bandaged and kept out of contact with the atmosphere.

* * *

Where a blister has formed it should not be opened. It is better to allow the tissue under the blister to absorb the fluid. If, however, it becomes necessary to open the blister do it by inserting a sterilised needle.

* * *

"After shaving, my husband's face used to be very sore," writes Mrs. M. Sillitoe, 50, York Road, Erdington, Birmingham. "Now he uses Zam-buk when his skin is troublesome and it soothes all the smarting and rawness and makes shaving a pleasure."

* * *

Save Soap.—Each cake of Zam-buk *Medicinal* Soap is hollowed on the top. When one cake is worn thin, it can be pressed into the hollow of the new cake. This prevents any waste of this valuable medicinal soap.

PREDICTIONS.

There is likely to be some further trouble in India this month, the authorities being opposed by a violent clique of would-be reformers. At home the people are peaceably disposed, and trade shows good returns. The oil market will have a full measure of profitable business; but securities will be lower at the end of the first week owing to unrest in Government circles. The opposition will be strong from Socialist quarters and a good deal of heckling will ensue.

Assault will be made on some reputations in high places. At the close of the month there will be Labour difficulties in respect of wages adjustment, and disputes will call for special attention in official quarters. The much-needed extension of the Flying Service will be strongly resisted in some directions, and trouble will arise over estimates for this branch of the Services. Crop conditions are bad and farmers have a full share of genuine cause for complaint. Property values will depreciate and may come in for some revision.

Budget estimates about the end of the month are severely criticised and will have to be referred back for revision. A critical time will be experienced by the Chancellor at the end of the month. There will be some wild scenes in Parliament.

In Russia there are signs of new developments and reforms, and the people will be disposed to revolt against the Soviet regime. In Portugal there will be reactionary movements, and a crisis seems likely about the 28th.

The stationary position of Saturn at the opening of the month will bring cold and inclement weather, with heavy downfall and easterly winds.

MOON'S PHASES.

Full Moon, 1st	...	3.53 a.m.
Last Quarter, 8th	...	9.16 a.m.
New Moon, 15th	...	7.7 p.m.
First Quarter, 24th	...	0.6 a.m.

100 Ulcers Healed.—"My left leg, from knee to ankle, was covered with ulcers," said Mrs. S. F. Gurr, of 6, Alexandra Road, The Honies, Bexhill, to a local pressman. "The limb was terribly sore and weak, for there must have been 100 sores on it.

"I tried dozens of remedies and for eighteen months I went regularly to Hospital, only to be finally told I should probably lose my leg altogether.

"On the advice of another woman whose bad leg had been healed by Zam-Buk, I tried this herbal balm. I soon noticed a change after beginning with Zam-Buk—*the pain and itching were soothed*, and the inflammation went away. I went on steadily with Zam-Buk until all the ulcers were healed.—It is 6 years since Zam-Buk healed my leg and it is as strong and healthy as ever it was."

Zam-Buk cures obstinate cases that no other preparation will touch because this rare herbal balm is something totally and entirely different. Zam-Buk cures by a new method. It is the latest and greatest healing discovery.

The Healing Virtue of Herbs

Valuable Secrets Wrested from Nature.

THERE is a power and reliability in herbal medicines that does not belong to mineral drugs. The curative power of herbal remedies, too, does not wear off with continual use, as is the general rule with compounds of iron, mercury, zinc, &c.

These truths were more clearly realised in bygone days when the famous gladiators of ancient Rome anointed their bruises and sores with precious herbal balms and vegetable oils. The secret and liking for these herbal preparations perished with the fall of Greece and the burning of Rome.

In the new age that followed, the people of Europe fell back on artificial mixtures of mineral oxides of lead, zinc, bismuth and other deleterious metals, all for the sake of quick relief and without any thought of the great damage which these artificial mixtures undoubtedly did to the delicate under-skin.

The explanation was that herbal remedies, whilst admittedly ideal, meant more trouble seeking, refining and making-up. A return to natural perfect healing was never made until the discovery of Zam-Buk, which to-day is admitted to be the greatest and most perfect example of herbal compounding.

The immense resources of modern science have been linked up in Zam-Buk with the rarest essences from Nature's remedial herbs. The herbs used in the scientific manufacture of Zam-Buk are considerably more rare and more costly than the simple herbs in the accompanying illustrations, and they have to be carefully selected. Extracts from them are taken, refined, and then brought together in certain secret proportions and at particular temperatures in up-to-date and elaborate laboratories. The process of manufacture is accordingly delicate and complicated. The ultimate outcome of all this patience and skill is a skin balm as unique in conception and combination as it is wonderful in its cures. This concentrated Zam-Buk contains, in short, exactly those herbal substances which Nature has intended for the use of man ever since she bequeathed to him the instinct to rub a place that hurts.

Camomile makes an excellent Tonic.

Apart from the fact that it is conceived on altogether novel lines, Zam-Buk is absolutely free from any of the animal fats which are present in ordinary ointments, and which cause these ointments to turn rancid and be absolutely useless in a short time.

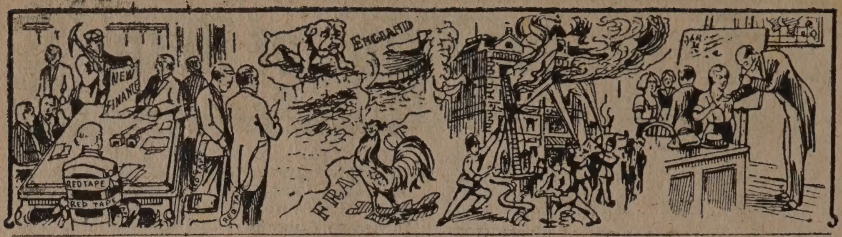
Whether it is a cut that threatens to fester, a patch of eczema, or an ulcer that is eating the tissues, piles that irritate and burn, or pimples that disfigure, Zam-Buk is the one ideal herbal cure that is superior to every other form of skin-medicine. It is a novel combination of all those healing, soothing, and antiseptic powers which Nature had hidden in the juices of the herbs and roots of her virgin forests.

Horehound is good for Sore Throat.

Judged either by its character or the cures it makes day after day, Zam-Buk is a remarkable preparation, and to keep a box always handy means a saving to your pocket and a ready issue from the hundred and one complaints that affect the skin. For eczema, psoriasis, ulcers, ringworm and scalp sores, poisoned wounds, piles, 'chaps,' chilblains, burns, scalds, sprains, etc., Zam-Buk is to-day the world's greatest remedy.

"Zam-Buk is a Real Treasure in our Home," writes Mrs. S. E. Thomas, of 31, Waldegrave Road, Teddington, Middlesex. "We use Zam-Buk for all sorts of skin troubles and it always heals the skin beautifully. For soothing pain and growing new skin, Zam-Buk is just splendid. We often wonder how we used to manage before we got Zam-Buk. It is without equal as a ready-to-hand healer and skin-cure."

MARCH. 1923.



Remarkable Events, Feasts, etc.

1	Th	Glasgow Theatre Royal burnt, '95
2	F	Russo-German Treaty signed, 1918
3	S	(4) Forth Bridge opened, 1890.
4	S	**3rd Sunday in Lent.**
5	M	Thames Tunnel opened, 1843.
6	Tu	John Redmond died, 1918.
7	W	(6) Tipton Factory Explosion, 1922
8	Th	Count Zeppelin died, 1917.
9	F	Vimy Ridge Battle, 1917.
10	S	British cap. Neuve Chapelle, 1915
11	S	**4th Sunday in Lent.**
12	M	Russian Revolution, 1917.
13	Tu	(10) Rand Strike Fighting, 1922.
14	W	Duchess of Connaught died, 1917
15	Th	Russian Czar Abdicated, 1917.
16	F	"Times" published 1d., 1914.
17	S	(18) Gandhi sentenced 6 yrs., '22
18	S	**5th Sunday in Lent.**
19	M	Miners' Min. Wage Bill intro. 1912
20	Tu	Lord Mayor of Cork shot, 1920.
21	W	2nd Battle of Somme, 1918.
22	Th	Gen. Allenby across Jordan, 1918
23	F	Submarine H. 42 lost, 1922.
24	S	S.S. "Sussex" torpedoed, 1916.
25	S	**Palm Sunday.**
26	M	Battle of Gaza, '17; Baghdalie, '18
27	Tu	First Allied Conf., Paris, 1916.
28	W	(27) Capt. Scott perished, 1912.
29	Th	"Big Bertha" shelled Paris, 1918
30	F	*Good Friday.*
31	S	Prince Henry born, 1900.

USEFUL HINTS.

To clean carpet.—Get 1 oz. of wormwood salts from the chemist, put it into a pail of warm water, then wash your carpet as you would do a floor, or if very dirty, scrub it. All dirt and grease spots will disappear and the colours will brighten and look equal to new.

* * *

Dye from a stocking got in a cut on Elsie Portman's leg and poisoned it. "Elsie was very lame and in great pain," writes Mrs. E. Portman, from 135, High Park Road, Smethwick, Birmingham. "I'm glad to say, however, that Zam-buk healed Elsie's leg and made it quite strong again."

* * *

Before touching Zam-buk make sure that your fingers and finger nails are perfectly clean.

* * *

When you have finished using Zam-buk be sure to cover the balm at once with the wax slip so as to keep this precious balm out of contact with the air as much as possible. (There is a wax slip inside every tin.)

Running Sores every SPRING.—"Ernest was tortured with sores every Spring," said Mrs. M. Grover, 33, Newland Road, Worthing, to a "Brighton E Argus" reporter. "The trouble always started with inflamed spots which broke and became discharging sores. During the last attack Ernest's ear was a mass of sores and I was afraid the ear would be eaten away by the disease.

"Zam-Buk saved Ernest's ear by completely ridding it and other parts of his body of the awful eczema. I used Zam-Buk until there wasn't a trace left of this terrible disease. Better still, Ernest has never had any return of the eczema since his wonderful cure by Zam-Buk several years ago."

Nothing but Zam-Buk would have been any use to Ernest Grover; and nothing but Zam-Buk is worth your money or time!

PREDICTIONS.

About the 20th of this month we may expect a development of a powerful combination in opposition to the Government, and some big surprise will be sprung upon the Ministry. There are indications of deceitfulness and treachery, and office holders will need to sit tight and look to their safety. At the outset of the month the chief subject of discussion will be the Budget.

A very strong conflict will be waged over projected taxation, and the Chancellor will have a lively time before him. It is to be expected that there will be an attempt to break away from all precedent, and to establish a new fiscal policy. The Exchequer appears to be in a bad way and expenditure on munitions of war will be criticised in connection with the estimates. The Government is in the way to be defeated, either on the Budget or by a Socialist plot. Many dangers beset our rulers and also our national credit. About the 22nd there is danger of fires and other plots.

In Ireland there will be incessant strife, while further afield we may expect bloodshed in Asia Minor. Trade will be unsettled. There will be some disputes with Transport Workers or Railwaymen. Land values decline. Farming interests are badly served at this time. An outbreak of measles or small-pox is threatened in schools.

Many deeds of violence are indicated, and the Press will be filled with accounts of brutal tragedies. Our shipping exports will increase. Labour will win signal victories and will gain new prestige. The French attitude at this time is embarrassing to the Government.

Gales and foul weather will follow the New Moon on the 17th.

Moon's Phases.

Full Moon, 3rd	...	3.24 a.m.
Last Quarter, 9th	...	6.31 p.m.
New Moon, 17th	...	0.51 p.m.
First Quarter, 25th	...	4.41 p.m.

EVIDENCE ON OATH.

34 Years' Ulcerated Leg Miraculously Healed.

"I, ANNIE LYDIA GRIFFITHS, living at 21, Fleet Street, Bilston, Staffordshire, do Solemnly and Sincerely Declare as follows:—

"For thirty-four years I suffered untold misery from an ulcerated leg. It started after my first baby was born, and from that time I was practically always under medical treatment. My leg was a mass of ulcers from ankle to knee. For weeks at a time I was in bed suffering agony.

"I attended the Wolverhampton General Hospital until I couldn't get beyond my own doorstep. All the time my leg was getting gradually worse, and the doctor warned me that amputation might be necessary.

"In sheer desperation I was about to consent, when my husband persuaded me to try Zam-Buk. After using a few boxes of Zam-Buk the pain was much easier and my leg looked a lot better.

"So I persevered patiently with Zam-Buk, and in the end this marvellous balm cleansed and healed my leg and enabled me to get about again. My neighbours all marvel at this great Zam-Buk cure.

Mrs. A. L. Griffiths, Bilston, Staffs.

"I make this Solemn Declaration for the purpose of publication, conscientiously believing the same to be true, and by virtue of the Statutory Declarations Act, 1835."

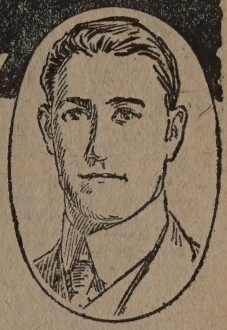
Declared by the said ANNIE LYDIA GRIFFITHS, at Walsall, in the County of Stafford, this second day of March, 1920, this Declaration having first been read over to her by me, when she appeared perfectly to understand the same, and made her mark hereto in my presence.

(Signed) FRANK A. PLATT,
Commissioner for Oaths.

GIRL'S SCALP SORES.

"SUSANNA'S head was a mass of scalp sores," writes MRS. MCKENZIE, of 51, Etna Street, Hornsea, Craigneuk, N.B. "Her scalp was red-raw and she was tormented day and night. It was only Zam-Buk that soothed the irritation and cleared away every sore. Susanna's head is now sweet and clean again."

ECZEMA All Over His BODY



Mr. Geo. Davies, Bow, E.

"A LITTLE sore place came on my right arm," said Mr. George Davies, 49, Coborn Road, Bow, London, E., to a pressman. "A few days later I found a similar sore on my left arm. The next development was on my right leg, and this so alarmed me that I went to my doctor, who said I had a very bad form of eczema.

"I used the doctor's medicine and ointment regularly, but the eczema spread over my body, face and ears. The itching was maddening, and a watery discharge from the sores made my life miserable. I couldn't mix with other people, for *I was a repulsive sight.* Urged by friends, I went to a well-known London skin hospital, where I received every attention from a skin specialist. My hopes of a cure, however, were dashed to the ground, for I received not the slightest benefit.

"When looking over the newspaper one day, I read about Zam-Buk, and thought perhaps this herbal balm might be suitable for my case. My first trial of Zam-Buk convinced me it was no ordinary remedy, so I used it regularly. How I wished I had tried Zam-Buk months before. The discharge gradually stopped as I persevered with Zam-Buk, and one by one the patches of eczema died away until **I was absolutely free from disease.** I have Zam-Buk alone to thank for my marvellous cure."

SAVED 800 LIVES.

EX-COXSWAIN WILLIAM ADAMS, of 173, Middle Street, Deal, was a member of the Deal Lifeboat Crew for 51 years. He assisted in saving nearly 800 lives, and has many decorations.

"We get terrible weather around the Goodwins," he says, "and it's a common thing to have your hands badly cut and your limbs bruised when out in a gale. For years I've used nothing else for my skin troubles but Zam-Buk, and it's just fine for keeping out festering and healing a sore place quickly. I sometimes get **salt eczema** on my hands, but Zam-Buk soon drives it out. We're never without Zam-Buk in our house."

Don't Miss the Free Offer of Zam-Buk on page 19.

APRIL. 1923.

Remarkable Events, Feasts, etc.

1	S	**Easter Sunday.**
2	M	Bank Holiday.
3	Tu	Earl Loreburn born, 1846.
4	W	Oliver Goldsmith died, 1774.
5	Th	U.S.A. entered Great War, 1917.
6	F	(7) London-Paris air crash '22, 7 k.
7	S	Arch. of Canterbury born, 1848.
8	S	**Low Sunday.**
9	M	Battle of Arras, 1917.
10	Tu	General Booth born, 1829.
11	W	Battle of Monchy, 1917.
12	Th	(14) Princess Beatrice born, 1857.
13	F	(14) Sir Ross Smith killed, 1922.
14	S	Foch made Generalissimo, 1918.
15	S	**2nd Sunday after Easter.**
16	M	*Titanic* disaster, 1912.
17	Tu	Hamel's flight to Cologne, 1913.
18	W	British capture Hill 60, 1915.
19	Th	*Primrose Day.*
20	F	Naval battle off Dover, 1917.
21	S	Mark Twain died, 1910.
22	S	**3rd Sunday after Easter.**
23	M	*St. George.* Zebrugge, 1918.
24	Tu	Dublin Rebellion, 1916.
25	W	Pr'ss Mary b. '97. Gallipoli, 1915.
26	Th	Naval Attack on Ramsgate, 1917.
27	F	Martial Law in Ireland, 1916.
28	S	(29) Fall of Kut, 1916.
29	S	**4th Sunday after Easter.**
30	M	Llanerch Coll. dis. (176 died), '90.

USEFUL HINTS.

To remove ink stains place in salt and water overnight. Next morning place a lump of washing soda on the stain and boil in clean cold water till ink disappears. Rinse in clean water.

* * *

When washing silk blouses add a tablespoonful of starch or borax and half a teaspoonful of turpentine to the rinsing water. Will iron up equal to new.

* * *

When boarding a tramcar Mrs. A. Hopper, 304, Wightman Road, Hornsey, N.8, grazed her shin on the step. "The place got very painful and inflamed," she says, "but as soon as I got home I carefully cleansed it and put Zam-buk on. In a day or two the wound was quite healed."

* * *

Paperhanging.—A good hint for those who do their own paperhanging is to apply the paste to the wall instead of to the paper. Amateurs will find it much easier to match the pattern, and the paper is less liable to tear by following this method, besides saving time and trouble.

PREDICTIONS.

The religious war in Ireland which is now waged between the North and South bids fair to become the outstanding feature of political anxiety, but the climax is not yet. There are troubles to be faced in Japan about the end of March which now assume some dangerous aspects. About the 7th there will be further alarms in Portugal, and a sharp contest of diplomats will ensue. On or near the 8th of the month we may expect trouble with transport workers, and means of communication generally will be imperilled. More than the usual crop of accidents in flying will be recorded during the first ten days.

Near the 20th there will be a serious fracture of Treaty by a neutral power, and the political outlook generally is by no means a happy one. Home affairs show up rather badly, for the people are full of unrest and trade conditions are panicky and liable to rapid changes. Money will be dear for the time of the year.

It is felt generally that we are verging upon a crisis in our foreign relations, especially in the Near East. The ascendency of the military regime in Prussia will give cause for widespread anxiety at this time. The French attitude will now prove largely responsible for the inflaming of international politics. The Home Government will prove exceptionally weak in the present critical state of affairs.

Fortunately for the prestige of Great Britain, a strong patriotic movement will be in force at this time and may serve to save the situation.

The weather will be foul on the 7th and 8th; fine at the end of the month.

Moon's Phases.

Full Moon, 1st	...	1.10 p.m.
Last Quarter, 8th	...	5.22 a.m.
New Moon, 16th	...	6.28 a.m.
First Quarter, 24th	...	5.20 a.m.
Full Moon, 30th	...	9.30 p.m.

Skin Full of Pimples.—"I was awfully distressed with pimples and blotches which formed in a big mass on my neck," says Miss Nellie Brice, Lower Stone, Brompton Ralph, nr. Wiveliscombe, Somerset. "I couldn't bear my skin to be touched, it was so inflamed and painful. The skin kept scaling away and leaving a raw surface.

"No matter what ointments or other remedies I used, the pimples kept spreading and I got quite alarmed. Luckily I then heard about Zam-Buk, and by using this herbal balm regularly the painful and disfiguring pimples were gradually removed. Zam-Buk gave me a new skin and I have never had any pimples or any other skin trouble since my complete cure."

AMAZING FAMILY CURES!

Children's Sore Heads and Faces.
Father's Piles.
Mother's Sores & Cuts.

Mr. and Mrs. King and Family, Belton, Leics.

"ZAM-BUK has been such a treasure in our home that we wouldn't like to be without it now," says Mrs. King, of Mill Lane, Belton, Leicestershire.

"Our little girl, Dorothy, started with sores on her head and face. Then George and Louisa were attacked in the same way, whilst later still Lottie and Ellen also caught the dread disease. Yellow-headed pimples on the children's heads burst and formed into sores. The children's scalps were soon in a dreadful state, and we had to cut their hair quite short to get at the sores. Home-made remedies and **cheap ointments were no good at all.** Then I remembered having used Zam-Buk successfully some years ago and decided to try this herbal balm again.

"After washing the children's sores with Zam-Buk *Medicinal* Soap and dressing them a few times with Zam-Buk balm I saw a decided improvement. The hard places softened and peeled away, leaving a nice new skin. The children's hair grew again as thick and healthy as before, and now they haven't a trace of the disease about them.

"My husband is a miner and often gets severe cuts, knocks and sores at his work. He always uses Zam-Buk, as he says nothing is so soothing and healing.

"I also know the great value of Zam-Buk for soothing pain and healing the skin. I have great faith in Zam-Buk. It's the finest remedy I've ever come across for the skin. I'm never without a box of Zam-Buk."

ITCHING, IRRITATING ECZEMA.

Zam-Buk The Ideal Cure.

ECZEMA, or Tetter, is the commonest of skin diseases. It generally begins in the form of slightly reddened patches, on which appear tiny watery heads that burst and lead to the formation of a small thin crust of a bright red hue. The mattery discharge, when thick and gummy, cakes and forms into unsightly scabs; then the inflammation is succeeded by itching of the most irritable kind.

Wet Eczema has this "mattering" as its chief feature. **Dry Eczema** is known by the red scaly patches, which are never moist, though swollen. Eczema may attack any portion of the body, but it most frequently breaks out behind the ears and in the joints of the arms, legs and feet. Ordinary Eczema, in the *inflammatory stage*, is accompanied by intense heat and burning, followed by scabbing and itching. Giving way to *the desire to scratch* only makes matters worse, by setting up greater irritation and causing the formation of larger SCABS. A very common form often attacks young children, and is termed scald-head.

Wonderfully soothing and efficacious is the treatment of eczema with Zam-Buk, which is best applied night and morning on a fresh piece of lint. The burning, itching pain will be allayed, and perseverance with the application results in a new soft, healthy skin, with the power of carrying on its natural functions, taking the place of the disfiguring scabs and scales.

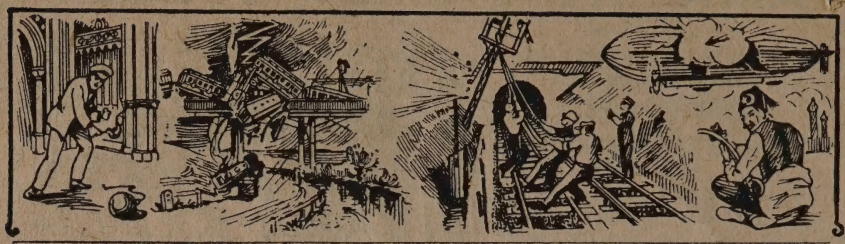
A matter of vital importance in effecting a cure for this scourge is absolute cleanliness and a reliable antiseptic dressing. To obtain this, go carefully over the affected part with a damp piece of soft linen, then treat with Zam-Buk. Note to carefully wash off all the old dressing, using for preference Zam-Buk *Medicinal* Soap, renowned for its purity, its freedom from uncombined alkali, and its general suitability and excellence when employed in conjunction with Zam-Buk Balm.

Pay attention to diet. Abstain from all sloppy food, tea and coffee (in excess), pastry and other sweet stuffs, salt fish, salted meats, bacon, pork, and all greasy foods. Eat as many fresh vegetables as possible, especially the green varieties, ripe fruits of all kinds, and brown bread.

Let these directions be carefully carried out, and the anointings with Zam-Buk regularly made, and the worst sufferer from eczema will be likely to find a lasting and thorough cure.

Zam-Buk is a Surgery
In a 2-Inch Box.

MAY. 1923.



		Remarkable Events, Feasts, etc.
1	Tu	Stock Exchange Holiday.
2	W	Duke of Argyle died, 1914.
3	Th	Anzacs br. H'burg Line, 1917.
4	F	(5) Ronald True sentd. death, '22
5	S	(6) Acces. King George V., 1910.
6	S	**Rogation Sunday.**
7	M	Lusitania tpd., '15, 1,134 lives lost
8	Tu	(7) Earl Rosebery born, 1847.
9	W	"Vindictive" blkd. Ostend, 1918
10	Th	*Ascension Day.*
11	F	(10) Indian Mutiny began, 1857.
12	S	Sir Arthur Sullivan born, 1842.
13	S	**Sunday after Ascension.**
14	M	*Old May Day.*
15	Tu	Battle of Vimy Ridge, 1916.
16	W	(17) King of Spain born, 1886.
17	Th	Relief of Mafeking, 1900.
18	F	George Meredith died, 1909.
19	S	*Egypt* sunk, 1922. 95 lives lost.
20	S	**Whit Sunday.**
21	M	*Bank Holiday.*
22	Tu	Sir A. Conan Doyle born, 1859.
23	W	Ld. Leopold Mountbatten d. 1922
24	Th	*Empire Day.*
25	F	Military Service Act passed, 1916.
26	S	Q'n Mary b. 1867. Marrd. 6/7/1893
27	S	**Trinity Sunday.**
28	M	Souchez and La Bassee, 1915.
29	Tu	*Royal Oak Day.*
30	W	(29) Bottomley sent'd. 7 yrs., 1922
31	Th	Maj. Armstrong hanged, 1922.

USEFUL HINTS.

Encourage children to drink cold water; it cleanses the system. Fruit should be given at breakfast time.

* * *

The safest and most soothing dressing for children's skins is Zam-buk used in accordance with the directions.

* * *

Children should be taught to drink milk in sips, otherwise it curdles in the stomach.

* * *

It is far safer to keep to Zam-buk for children's skin troubles than to experiment with unknown ointments. Zam-buk combines safety with thorough reliability. It has a wonderful record of success in the treatment of children's skin complaints.

* * *

Children should be made to eat salt with their food. Salt aids digestion, and is a preventive of intestinal worms.

* * *

Fried foods, rich sauces, pork, oily fish, pickles, and uncooked vegetables and salads should never appear on the nursery table.

PREDICTIONS.

Some of the worst effects of the present quarter are due to happen this month. In Ireland there will be a crisis of magnitude. In Asia Minor there will be fighting and bloodshed. The Poles also will have many dangers to contend with. Some military expedition is likely to be started about the 5th of this month. Plots and intrigues will be rife and many dangers will beset those in authority, especially about the 7th of the month. Heavy loss of property is shown on or about the 9th, which may be due to explosion of some oil stores. Liverpool is the scene of some strange violence.

On the 22nd there are signs of a great loss which will prove to us that we are not yet masters of the air. If, at the same time, there should be a deadlock in our transport and railway services, it would be well within the nature of the portents which now obscure the heavens. A disaster by collision or obstruction is shown upon the Western line. It is fully expected that a sharp crisis will be developed amongst the Railway and Transport Workers, and that some measures of violence will prejudice the cause of Labour.

The outlook from the Ministerial point of view is more hopeful, and the Government is in better repute than recently. Our exports will now show a considerable decline. The Exchequer returns will be good; but there are signs of much trouble in Turkish territory. The general condition of the people is full of disquiet, and there is trouble among the workers and public services.

The month will open with fine, warm weather for the first week, then unsettled and windy, ending cooler, with high winds and some rain.

Moon's Phases.

Last Quarter, 7th	...	5.18 p.m.
New Moon, 15th	...	10.38 p.m.
First Quarter, 23rd	...	2.25 p.m.
Full Moon, 30th	...	5.7 a.m.

Schoolboy's Eczema Cured.—"My little boy Ronald had eczema on his legs," said Mrs. A. Noakes, of 35, Park Road, Gillingham, to a reporter. "It started with a small rash, and though I treated it with ordinary ointments the rash developed into eczema. Ronald's leg was much inflamed, and the irritation made his life a misery. A doctor's treatment brought no improvement. The disease spread to his other leg.

"Then I saw Zam-Buk mentioned in a paper, so I tried this herbal balm. The inflammation soon died away and **Ronald's tortured skin was beautifully soothed.** As I persevered with Zam-Buk the patches of disease got smaller, until there wasn't a trace left. Thanks to Zam-Buk Ronald is now quite cured and is back at school again free from disease." *Avoid worthless substitutes!*

"WE JUST LOVE ZAM-BUK."

Doctor Astounded by Wonderful Cures of Running Sores.

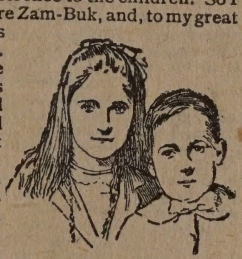
"HAROLD and I had dreadful sores all over us, but Mother got rid of them all by using Zam-Buk. We just love Zam-Buk." So says Gladys May Tarbox.

For 20 weeks Gladys and her brother Harold were covered practically from head to foot with an awful skin disease. A fortnight's use of Zam-Buk cured them so wonderfully as to astonish the doctor. Mrs. G. Tarbox and her children live at 24, Railway Terrace, Bletchley, Bucks.

"The disease, whatever it was," she told a reporter, "first broke out on the children's bodies in the form of little pimples, which spread until Gladys and Harold were covered from head to foot. I had never seen anything like this outbreak, so I went to a doctor. I gave his ointment a thorough trial, but the children didn't get any better.

"Another doctor then recommended a special kind of treatment, but the disease kept spreading and the children were in a terrible plight. For 20 weeks they never went outside the house. **Neighbours who came in were shocked at their awful condition,** and I was really afraid I should lose my little boy and girl, for this skin disease defied every remedy I tried. When at last I used Zam-Buk I hadn't much hope of a cure. But a few dressings with this herbal balm made an astonishing difference to the children. So I naturally used more Zam-Buk, and, to my great joy, the sore places began to die away.

"One by one the disfiguring places disappeared, and where they had been Zam-Buk grew new skin. The doctor, when he saw them, was astounded by such a wonderful cure. The children think the world of Zam-Buk."



Gladys & Harold Tarbox, Bletchley, Bucks.

PIMPLES, BLOTCHES, &c.

THESE eruptions indicate certain disturbances in the functions of the skin. Impure matter which has collected in the blood is clogging up the pores, exhalation is impeded, and the bad matter has a tendency to collect near the surface of the skin, or the surface becomes scaly and irritable. Bathe the skin frequently, using for preference Zam-Buk *Medicinal* Soap, which does not contain any skin-parching "free" alkali. Then apply Zam-Buk freely and gently. Zam-Buk stimulates the functions of the skin and frees it from blemishes. The skin made healthy by Zam-Buk has the best chance of keeping free from disease.

CRIPPLED BY BAD LEG

Only Zam-Buk Could Cure Her.

Mrs. F. Chandler, Stratford, E. 15.

"A SWELLING under my right leg broke and a big painful ulcer developed," says Mrs. F. Chandler, of 2, Nansen Road, Abbey Lane, Stratford, E. 15. "The skin all round was inflamed and very tender, and I was afraid I was going to have a very bad leg.

"It was impossible to kneel down, and in other ways this sore place interfered with my work. Often it was **as much as I could do to crawl about a dozen yards.** No matter what ointment I used, the same old gnawing pain continued, and the sore never showed the slightest sign of healing up. My neighbour was positively frightened at the angry and swollen appearance of my leg.

"Then my husband persuaded me to try Zam-Buk. I covered the ulcer with this herbal balm, and in an hour or two I got great relief. Zam-Buk was really marvellous! Nothing had ever done what this rare healer was doing for me. With every dressing of Zam-Buk my leg gradually got better until the sore place was thoroughly cleansed and healed up with new skin. My leg never gives me the slightest trouble now."

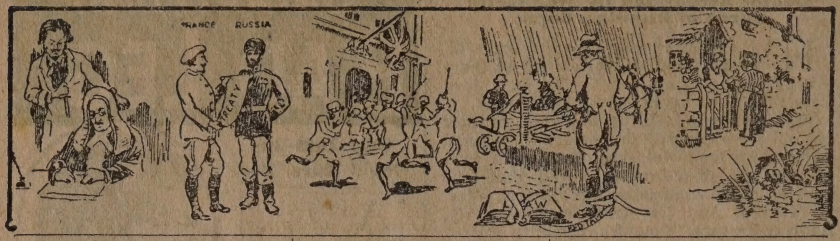
DOCTOR PRAISES ZAM-BUK.

"MY daughter Annie had sores on her face, head, body and limbs," said Mrs. G. Overall, of Orchard House, Canewdon, Rochford, to an "Essex County Chronicle" reporter. "The doctor said it was eczema. Annie's skin itched terribly and she was worried with the constant discharge from the sores. Common ointments and even doctor's treatment proved useless.

"I suddenly remembered that I had used Zam-Buk some time before with great success for my son's poisoned knee. So I decided to try it again. Zam-Buk very soon eased the irritation and checked the discharge from the sores. Annie's skin got so much clearer and healthier that the doctor advised me to keep on using Zam-Buk. I did so, and soon the eczema was all cleared away and Annie had a lovely new skin again."

£50 for a Fascinating Pastime.
See inside front cover.

JUNE. 1923.



		Remarkable Events, Feasts, etc.
1	F	(2) Gen. Buller, V.C., died, 1908.
2	S	Thos. Hardy, O.M., born, 1840.
3	S	**1st Sunday after Trinity.**
4	M	(3) King George V. born, 1865.
5	Tu	Earl Kitchener drowned, 1916.
6	W	Captain Scott born, 1868.
7	Th	Messines Ridge captured, 1917.
8	F	Birkbeck Bank crisis, 1911.
9	S	Chas. Dickens d., 1870, b. 7/2/1812
10	S	**2nd Sunday after Trinity.**
11	M	King & Qn. of Servia murd., 1903.
12	Tu	King Constantine deposed, 1917.
13	W	E. London Air Raid, 1917.
14	Th	Zeppelin 43 destroyed, 1917.
15	F	Magna Charta sealed, 1215.
16	S	Battle of Hooge, 1915.
17	S	**3rd Sunday after Trinity.**
18	M	Battle of Waterloo, 1815.
19	Tu	F.-M. Earl Haig born, 1861.
20	W	P. of Wales rtd. f'm Wld. tour, '22
21	Th	G'm'ns scuttled fl't ScapaFlow, '19
22	F	F.-M. Sir Henry Wilson assin. 1922
23	S	Prince of Wales born, 1894.
24	S	**4th Sunday after Trinity.**
25	M	(24) Dr. Rathenau assin., 1922.
26	Tu	Prince of Monaco died, 1922.
27	W	*Llandovery Castle* torpd., 1918.
28	Th	Austrian heir & wife assin., 1914.
29	F	Versailles Peace Treaty sgd., 1919
30	S	2nd Battle of Verdun ended, 1916.

USEFUL HINTS.

A foreign substance present in a wound should first be removed by a sterilised needle or a pair of tweezers, if it is a splinter, or by cleansing with water which has been boiled, if it is dirt.

* * *

A lady organist, Miss Millie Knights, of 1, Geneva Cottages, Kessingland, Lowestoft, had eczema so severely she had to give up organ playing. "I had this eczema from babyhood," she says, "and never got any relief until Zam-buk completely cured me and gave me a beautiful new skin."

* * *

When not using your Zam-buk, always keep the box closed and the contents properly covered with the circular wax slip provided in the lid for that purpose.

* * *

To clean suede gloves stretch them on the hand and rub into them a mixture of finely-powdered fuller's-earth and alum; sweep off with a brush, sprinkle with a mixture of dry bran and whiting, and then dust the gloves thoroughly.

PREDICTIONS.

Uranus stationary in Pisces brings trouble on Portugal, and Saturn stationary in Libra afflicts Austria and Japan, where the course of political affairs will be impeded by untoward events. About the 13th of this month there is danger to a person in authority from a plot which seems to involve a French subject. Those who are responsible for the welfare of our men of mark should be vigilant at this time, and so save further trouble. At this time the attitude of Russia becomes threatening and France has cause to regret a Treaty.

A recrudescence of Prussian militarism is to be expected, with all the diplomatic trouble that it entails. Irish affairs are unsatisfactory, and show need for stability of government. Our Home Trade will be fitful and rather speculative. Traffics will increase and railways will do better. Farming interests are adversely affected both by the weather and legislation.

A considerable outbreak of violence among young people will be noted with alarm at this time, and some tragedies will reflect upon the lack of parental authority in our land. Shipping disasters are indicated during the month. Among other events of note will be a very determined attack upon authority by fanatical Indians.

Prison outrages are also noted as a source of trouble and alarm in the South. The sun being badly aspected in Gemini shows trouble in Egypt and some attempt at an insurrection. Politically, it will be a bad month, and one that will require unusual care in Governmental quarters.

The weather will be chill and boisterous, with high gales running at times, but going milder at end of month.

Moon's Phases.

Last Quarter, 6th	...	9.19 a.m.
New Moon, 14th	...	0.42 p.m.
First Quarter, 21st	...	8.46 p.m.
Full Moon, 28th	...	1.4 p.m.

Workman's Gashed Thumb Healed.

"When splitting a block of wood I gashed my left thumb," writes Mr. E. J. Pollard, of Myrtle Cottage, Creech Heathfield, Taunton. "A day or two later the place began to fester and swell, and I found I'd got blood-poison. The *burning, throbbing pain* caused me hours of misery. I poulticed the thumb well and tried home-made remedies; but it showed no signs of healing.

"Then I remembered that some years ago Zam-Buk had healed my sore ankle. So I got some more of this herbal balm and it soon gave me relief. I continued to use Zam-Buk until all the poison was drawn away and my thumb healed up splendidly. I've nothing but praise for Zam-Buk." *Beware worthless imitations.*

RINGWORM
From Another Boy's Cap.
ZAM-BUK CURES A BAD CASE.

"ZAM-BUK has done wonders for our little boy, Henry," exclaimed Mrs. E. Woodsworth, of 264, Commercial Road, Liverpool, to a local reporter.

"He had only been back at school a short time, after eight weeks' absence through scarlet fever," continued the mother, "when he complained of itching on his head. He had come home twice in a week wearing another boy's cap, and I blame this for all the trouble that followed. Henry's hair began to come off, leaving an inflamed scalp sore. The school doctor sent him home, telling us he had ringworm.

"A cheap ointment only made Henry's head worse, so I had the doctor to him. For weeks we carefully followed his treatment, hoping for improvement that never came. All this time Henry suffered very much from the itching and smarting, and we got quite anxious about him. At last my husband said we'd see what Zam-Buk could do.

"Well, Zam-Buk did what everything else had failed to do. First, it relieved Henry's torture; then this rare balm dried up and drew the soreness from the big ringworm, which gradually shrivelled up and died away. I got a medical certificate stating that Henry was quite cured, and he returned to school. It was Zam-Buk alone that cured him. We have nothing but praise for this grand balm."

SECRET OF A CLEAR SKIN.

SKIN disease takes many forms and may start in a hundred and one different ways. Your skin may be rough and sore; you may have pimples and blotches; the weather affects a delicate skin; whilst many skins periodically "break out" with rashes.

Zam-Buk is particularly valuable for a skin that is not always "up to par." It is so pure and so highly-refined that it is sucked into the pores and its medicinal power is exerted in the tissues beneath, where the seat of skin trouble really lies.

Dress your skin daily with this powerful antiseptic herbal Zam-Buk to make it clear and fresh. Keep on using it if you have a tendency to skin worry of any sort. The early use of Zam-Buk will protect your skin from the ravages of serious disease. Zam-Buk produces perfect skin health.

Railwayman's Agonising PILES

Another Sensational Cure by Zam-Buk.

Mr. A. E. Crow, Carlton, Notts.

"THREE years ago I began to be troubled with piles," said Mr. A. E. Crow, a railwayman, of 25, Mar Hill Rd., Carlton, Notts., to a local reporter. "I live two miles from Gedling Station, where I work, and I think covering that distance three or four times a day on my cycle in all weathers started the piles. I gradually got worse until life was a misery.

"Night after night I was in agony with shooting pains, and the itching was almost unbearable. Sometimes I couldn't sit down, and I had many a meal kneeling on the floor. I tried all sorts of ointments and remedies, but none did me the slightest good. A doctor's treatment also brought no relief.

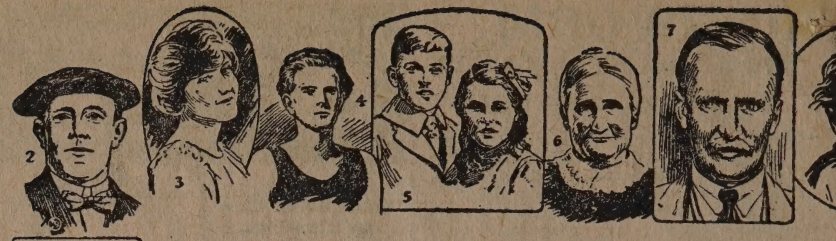
"One morning I met a friend who strongly advised me to try Zam-Buk, which had cured him of piles. So I got a box of this herbal balm and used it when I got home. Zam-Buk was simply marvellous! It soothed away the awful itching and pain. I got more Zam-Buk, and soon the piles, which had troubled me for years, were completely cured. I now cycle without any discomfort, and feel altogether a new man since Zam-Buk cured me."

HANDS & ARMS SORE AFTER WASHING DAY.

Zam-Buk Gave Her A New Skin.

"INFLAMED pimples came on my hands and arms after drying them on a frosty day," said Mrs. A. Long, 1, The Butts, Littlehampton, Sussex, to a local reporter. "The pimples broke into sores and covered my arms from wrists to shoulders with wet, fiery sores. My skin got very scaly and peeled off. Ointments, poulticing, and bandaging were of no avail for my severe case.

"I was in this wretched state a year. Then I started to use Zam-Buk and soon got relief. This herbal balm dried up the moisture and stopped my skin scaling. New skin then grew from fingers to shoulders. I am quite free from sores now."



Overwhelming Proof

1. PIMPLES STARTED ECZEMA.—"My hands and arms were covered with inflamed pimples, which broke into eczema," says Mrs. S. Rouse, of 29, Cherry Street, Warwick. "The skin was raw and scaly, and so hot and irritable I had to lie with my arms out of bed at nights. I could do practically no housework. Common ointments and lotions were no good at all, but Zam-Buk was wonderfully comforting and soothing. I persevered with Zam-Buk until the eczema was drawn away and my arms and hands were covered with new skin. It's eight years since Zam-Buk cured me, and my skin has kept beautifully healthy."

2. THE MISERY OF PILES.—"I suffered terribly from piles," writes Mr. W. A. Coe, of Cemetery Road, Ixworth, Suffolk. "The burning irritation and shooting pains were unbearable, and at times it was agony to sit or lie down.

"Whilst in the Navy the surgeon operated on me, but the result wasn't a success. I used Zam-Buk, and this herbal balm gave me instant relief. Gradually the inflammation and shooting pains got less troublesome, and the pain passed away altogether. Thanks alone to Zam-Buk, the piles are now completely banished."

3. ZAM-BUK SAVED HER LOVELY HAIR.—"My head was covered with sore places," says Miss Lowe, of 20, Coombe Road, Chiswick, W. "I was such a sight mother made me linen bonnets. I had hospital treatment, but my head got no better. My hair came out in bunches. Zam-Buk just charmed the pain and itching away! I hadn't used Zam-Buk long before my head had got quite healthy again. My hair is long and silky now."

4. A CHAMPION RUNNER'S PRAISE.—Mr. R. E. Cole, the British 10 miles Professional Running Champion, who won the 1922 Powderhall Marathon, writes from 95, Green Street, Hereford:—"I use Zam-Buk regularly as an embrocation during my training and find it most beneficial for keeping away stiffness and cramp. Zam-Buk seems to lubricate the muscles, and whenever I am troubled with pain in my limbs a little Zam-Buk always gives me instant relief. I owe a great deal of my success as a runner to Zam-Buk."

5. CHILDREN RESCUED FROM ECZEMA.—"Alice had an outbreak of eczema on her face," said Mrs. Annie Greenwood, of 3, Upper Gaukrodger, Sowerby New Road, Sowerby Bridge, to a reporter. "Through rubbing the skin the sores spread all over Alice's face, head and back. Then John caught the eczema, and his face and ears were soon covered with the itchy sores. Nothing I used did any good, for the sores kept scabbing over and getting a firm hold on the children's skin. Our troubles were at last ended by Zam-Buk, which relieved both children's itching and inflammation wonderfully. The sores, too, dried up, and the hard tops loosened and came away. Zam-Buk finally cleared away the eczema, and left both Alice and John with new healthy skin."

6. BAD LEG CURED AT 82.—"I had a terrible leg," writes Mrs. E. Akers, aged 82, of 30, Raglan Street, Moss Side, Manchester. "For 3 years I went regularly to the hospital, but the sores wouldn't heal. The pain and itching were awful, and for months I hardly knew what it was to get a night's sleep. Then I used Zam-Buk, and my leg healed up so wonderfully that now you couldn't tell it had ever been ulcerated."

7. SIGNALMAN'S TORTURE ENDED.—"Zam-Buk has been a great blessing to me," said Mr. E. Read, of Westmill, near Buntingford, Herts., to a reporter. Mr. Read is a G.E.R. Signalman at Westmill. "Whilst at Stoke Newington Station, red blotches broke out all round the small of my back. Then the skin scaled and eczema started. For years this eczema troubled me and gradually spread to my legs. At times the itching was unbearable. Though I tried ointments and doctor's remedies I never got any better until I used Zam-Buk. My skin then soon got healthier and the irritation was beautifully soothed. I continued to use Zam-Buk and it wasn't long before I was completely cured. Zam-Buk is the finest skin-cure I've ever come across."

8. BABY NOW HAS A LOVELY SKIN.—"Our baby, James Arthur, was born with a skin disfigured by pimples and blotches," said Mrs. D. E. Miller, of 5, Shelley Road, Harlesden, N.W.10. "A very bad cold made his skin more inflamed and very irritable, and the poor child was miserable. As baby was suffering so much we decided to see what Zam-Buk could do for him. This herbal balm soothed his pain beautifully, removed all the disfigurements, and gave baby a new, clear skin. The doctor, when he saw baby, was surprised at this splendid Zam-Buk cure."

OF THE
UNAPPROACHABLE
EXCELLENCE OF

Zam-Buk

9. "ZAM-BUK SAVED MY LEG."—"Ulcers broke out on my left leg," says Mrs. Laband, of 121, Highgate Street, Balsall Heath, Birmingham. "They pained terribly and the discharge was so weakening I couldn't lift my leg from the ground. I struggled on, trying one thing after another, but my leg got worse, and I wondered whether I should lose the limb entirely. But Zam-Buk astounded me! The inflammation and swelling went down and the sores dried up. I persevered with Zam-Buk until the ulcers were healed with new healthy skin. It's three years since Zam-Buk healed my leg and it's still all right."

10. THOUGHT HE'D NEVER GET BETTER.—Mr. J. E. Williams, of Hyty Eos Ganal, Bodfari, N. Wales, had poisoned sores on his legs and body. "My skin turned nearly black, and the pain was terrible," he writes. "I was crippled, and for months couldn't go to work. Doctors and common ointments couldn't cure me. Friends thought I wouldn't get better, I was in such a state. However, I found a cure in Zam-Buk. It removed the corruption, cleansed my skin of the poison, and healed the sore places as if by magic. My skin is quite clear now, thanks to Zam-Buk."

11. HEAD MADE SWEET AND CLEAN.—"Helen caught ringworm at school," says Mrs. M. Young, 3, South Nimme Street, Airdrie, N.B. "The skin all round went quite dark, and the top of Helen's head was much inflamed. The big sore was very irritable, and Helen often caused it to bleed by scratching it. I tried doctor's ointment, and some cheap salves, but they did no good. I used Zam-Buk and it soothed the child's itching pain, softened the hard top on the sore and removed the scurfy scales. Zam-Buk also took away all inflammation and soreness, and in a short time Helen's head was quite better and she was soon back at school."

12. WORKER'S POISONED SORE.—"Whilst following my occupation as market porter, a painful sore appeared at the back of my neck," says Mr. R. L. Jacob, of 6, Octagon Street, Bethnal Green, London. "The place was poisoned, inflamed and very irritable. In spite of doctor's treatment the sore got worse and I had to give up my work altogether. Then I tried Zam-Buk, which soothed the pain and drew out the poison. I kept on using Zam-Buk until the old unhealthy skin had gone and in its place Zam-Buk had grown new skin."

13. FOR ACCIDENTS IN THE HOME.—Miss L. S. D. Guest, 84, Cycle Road, Lenton Sands, Lenton, Nottingham, writes:—"I burnt my hand very severely. Though I applied all sorts of ointments many weeks passed and my hand got no better. A friend recommended Zam-Buk. This rare balm soothed the pain and drew out the 'fire' from my injured hand, which was soon beautifully healed. During Spring cleaning I tore my arm on a rusty nail. The injury became very painful, but after applying Zam-Buk the pain disappeared as if by magic. My arm then healed up nicely. I always keep Zam-Buk handy."

14. EX-SERVICEMAN'S OLD WOUNDS.—"The bones of my right forearm and my left elbow were shattered by a German rifle grenade at Hulluch in 1916," says Mr. A. Reardon, of 151, Forty Acre Lane, Canning Town, E.16. "After several operations I was discharged from hospital, but there was still a wound on each arm. When I got home I tried Zam-Buk, and soon got relief from the pain and smarting. Zam-Buk drew some small pieces of bone from the wounds, which then healed up nicely. That was 5 years ago, and I've had no trouble with my old wounds since."

15. COULDN'T DO HER HOUSEWORK.—"About 4 years ago small patches of eczema appeared on my hands," writes Mrs. A. Clarke, of 54, Victoria Place, Miles Green, Bignal End, Staffs. "The disease spread and my hands got in an awful state. The inflammation and itching of the sore places nearly drove me crazy. At times housework was impossible. Nothing seemed able to touch my severe case. Zam-Buk, however, soon gave me relief from the itching. The inflammation was also drawn out of my skin, and as I kept on with Zam-Buk the sores gradually died away and were replaced with firm healthy tissue."

N.B.—The cures in this book are only a small part of the tens of thousands of authenticated cases of skin disease successfully treated by Zam-Buk. The unparalleled success of Zam-Buk shows you can always depend upon this unique herbal balm. Don't waste time and money experimenting with ordinary ointments of no reputation and no distinctive merit. Zam-Buk is the latest and highest achievement in skin-healing.

Remarkable Events, Feasts, etc.		
1	S	5th Sunday after Trinity.
2	M	Rt. Hon. Joe Chamberlain d. 1914
3	Tu	(1) 1st British attack on Somme, '16
4	W	Independence Day, U.S.A.
5	Th	R.34 crossed Atlantic, 1919.
6	F	King George V. married, 1893.
7	S	King Ed. op'd Leeds Univer. '08.
8	S	6th Sunday after Trinity.
9	M	German S.W. Africa surr., 1915.
10	Tu	Captain Marryat born, 1792.
11	W	Alexandria bombarded, 1882.
12	Th	Lord Birkenhead born, 1872.
13	F	Investiture Prince of Wales, 1911.
14	S	Ex-President Kruger died, 1904.
15	S	7th Sunday after Trinity.
16	M	(15) *St. Swithin's Day.*
17	Tu	Franco-Prussian War, 1870.
18	W	Dr. W. G. Grace born, 1848.
19	Th	Bishop Wilberforce died, 1873.
20	F	Andrew Lang died, 1912.
21	S	Robert Burns died, 1796.
22	S	8th Sunday after Trinity.
23	M	Austrian ult. to Servia, 1914.
24	Tu	Gibraltar captured, 1704.
25	W	Sir Arthur Balfour, K.G., b. 1848
26	Th	G. Bernard Shaw born, 1856.
27	F	Captain Fryatt shot, 1916.
28	S	Austria dec. War on Servia, 1914
29	S	9th Sunday after Trinity.
30	M	Mikado of Japan died, 1912.
31	Tu	3rd Battle of Ypres, 1917.

USEFUL HINTS.

Dirty brown boots can be restored by washing them in warm water and soft soap, using a good hard nailbrush. When dried and well cleaned, they look like new.

* * *

To keep moths out of the piano tie small bags of camphor in the corners of the instrument. Occasionally remove the front board and examine the felt round the notes.

* * *

To prevent falling hair and bald patches, Mr. H. J. Larter, 56, East Hill, Colchester, found there was nothing to equal Zam-buk. "My head had troubled me a long time," he writes, "but Zam-buk ended the itching and soreness and now my hair is growing again quite nicely."

* * *

To wash new curtains soak them for two or three hours in a solution of cold water and a pennyworth of salt. Then wash in the ordinary way.

* * *

New brushes should be soaked in cold water for 24 hours. This fastens the bristles and prevents them coming out.

PREDICTIONS.

We have now entered upon a very trying quarter, when trade will show great decline, money will be dearer, and the Exchequer involved in difficulties.

It is seen that a critical point is reached on the 6th of this month, when there will be an unusual amount of war talk, and trade will suddenly come to a halt. Africa is the scene of wild activities, licence and lawlessness. It will be well indeed if we escape war.

The Germans will prove truculent and unscrupulous, and will hit us hard, both in the industrial world and in the money market. A strong public outcry will be heard near the 16th, and much Press comment on ways and means for the stabilising of the country's trade and finance will now find expression.

On the 19th there is a Governmental crisis, and it is either war or surrender. About the 23rd trade and finance is hit a hard blow and the whole of our markets will be temporarily deflated. Yet there seems to be a hope that a treaty entered into at the beginning of the month will now serve the purpose of strengthening our position. There must be no parley with the enemy at the gate. Only a determined and fearless policy can now save the nation from serious loss of prestige. It is above all things necessary to watch the course of events with care, and keep our powder dry.

The stationary position of Jupiter is beneficial to Morocco and Brazil; but the conjunction of Mars and Mercury will incite warlike activities in France and much excitement in Italy.

The weather opens cloudy and wet, followed by increasing heat, and developing electric storms about the 26th, with heat.

MOON'S PHASES.

Last Quarter, 6th	... 1.56 a.m.
New Moon, 14th	... 0.45 a.m.
First Quarter, 21st	... 1.32 a.m.
Full Moon, 27th	... 10.33 p.m.

A King and Zam-Buk.—On Bardsey Island, off the Carnarvon Coast, lives Mr. Love-Pritchard, the recognised King of Bardsey. This King says that he and his subjects find Zam-Buk unfailing in its soothing and healing action. "In addition," he says, "it is always reliable.

"For cleansing and healing wounds and sores, and for preventing blood-poison, Zam-Buk can't be equalled. We wouldn't like to be without this herbal balm in our exposed and out-of-the-way island, where we are often cut off altogether from the mainland."

Don't experiment with new or untried preparations. Zam-Buk will cure you for a certainty and in a quarter of the time and at a fraction of the expense.

"We Couldn't Have Done Without Zam-Buk"

"ZAM-BUK is worth its weight in gold in our home," Mrs. Phoebe Morris, 111, Philimore Road, Darnall, Sheffield, told a reporter.

FOOT BLACK WITH ULCERS

"An inflamed spot on my left foot burst into a running sore. On the advice of a doctor I had my teeth out, but my foot got worse. Ulcers kept breaking out until my foot was simply a mass of raw flesh. It was swollen as big round as a good-sized teapot, and the burning pain and irritation were simply awful. My foot was discoloured to the end of the toes, and for weeks and weeks I dared scarcely put it to the ground. Everybody said I'd lose my foot.

"At the Infirmary I was given dry dressings, but my foot was still as bad as ever. Night after night I used to cry with agony. As one ulcer filled up another burst out, and there was a continuous discharge of black poisonous matter.

Mrs. P. Morris, Sheffield.

ECZEMA & PILES CURED

"What to do I didn't know, but remembering that Zam-Buk had cured me of eczema in the hand some five years ago, I decided to try Zam-Buk on my foot. I felt easier after the first dressing with Zam-Buk, and as I continued the treatment, the inflammation and irritation subsided, and the poisonous matter was drawn out until the sores were thoroughly cleansed and began to heal up. My neighbours could hardly believe their eyes when they saw me out and about with my boots on. My foot was completely healed in a very short time, and now there isn't even a scar to show where the ulcers were.

"My husband says there's nothing to equal Zam-Buk for piles. Really, I don't know what we'd have done without Zam-Buk."

PILES or HÆMORRHOIDS.

Zam-Buk Instantly Allays Irritation, Reduces Swelling & Finally Cures this Complaint.

A REALLY MARVELLOUS REMEDY.

PILES consist at first of dilated or varicose veins. After a short period, however, the blood clots and the walls of the vein hypertrophy, or thicken. When situated externally, and covered with skin, they are termed blind piles; when internal they have no skin covering, and are called bleeding piles. The pain and itching are often so intense that the patient feels he can neither walk, lie, nor sit with any comfort, while in some cases the loss of blood is so great as to constitute a grave danger.

To sufferers from this terrible complaint, Zam-Buk comes as a great blessing. The result of applying Zam-Buk is to first soothe and then banish the intense burning pain and irritation which causes so much distress. The medicinal power of the rich herbal juices in Zam-Buk is combined with **exceptional soothing, penetrating, healing, and curative qualities,** which make the Zam-Buk treatment for piles so effective.

Any constipation which may be present must be remedied by means of a gentle laxative. All heating and constipating foods should be avoided, and foods containing oatmeal, beef, spirits, and all stimulants should not be taken. Zam-Buk should be applied as follows:—Reduce the balm to a liquid by gently heating. Then make a small roll of cotton wool or soft lint, steep in the liquid balm and apply to the parts once or twice daily. Only those who have been through the weakening torture of piles and have tried Zam-Buk can know the grateful relief which this most soothing preparation brings in this complaint. From the use of Zam-Buk there is instant allaying of the pain. The balm has a contracting influence on the swollen parts. It heals any soreness, and soon the piles are completely gone. No sufferer from piles can go about his work or enjoy his leisure with any degree of comfort without having a box of Zam-Buk handy.

The use of Zam-Buk Suppositories as a supplementary aid to the Zam-Buk Treatment is where the trouble is inward and cannot be reached with entire satisfaction by Zam-Buk in its soft form. Zam-Buk Suppositories are bi-conical in shape, and can be easily and harmlessly inserted in the rectum. Sold in 1/3 boxes.

AUGUST. 1923.

		Remarkable Events, Feasts, etc.
1	W	Germany dec. War on Russia, 1914
2	TH	Caruso died, 1921.
3	F	Germany dec. War on France, 1914
4	S	Britian dec. War on Germany, 1914
5	S	10th Sunday after Trinity.
6	M	*Bank Holiday.*
7	TU	Colonel Cody killed, 1913.
8	W	Battle of Amiens commenced, 1918
9	TH	B.E.F. landed Boulogne, 1914.
10	F	(9) Coronation King Edward, 1902
11	S	Cardinal Newman died, 1890.
12	S	11th Sunday after Trinity.
13	M	Britain dec. War on Austria, 1914.
14	TU	Vis. Northcliffe d '22, b. 15/7/'65.
15	W	U.S. troops in London, 1917.
16	TH	Naval fight German Bight, 1917.
17	F	Frederick the Great died, 1786.
18	S	Naval fight, Riga, 1915.
19	S	12th Sunday after Trinity.
20	M	"Gen." Booth, Sal. Army d. 1912.
21	TU	Battle of Bapaume, 1918.
22	W	Charleroi, 1914.
23	TH	Japan dec. War Germany, 1914.
24	F	Battle of Mons, 1914.
25	S	(24) Cpt. Webb swam Channel, '75
26	S	13th Sunday after Trinity.
27	M	General Botha died, 1919.
28	TU	Heligoland Bight, 1914.
29	W	(27) Roumania entd. Gt. War, 1916
30	TH	Strike of Metropolit'n Police, 1918.
31	F	Great War ended (officially) 1921.

USEFUL HINTS.

Three Soaps in One.—Zam-buk *Medicinal* Soap has special healing essences which penetrate through the outer skin and have a healthful action on the whole of the tissues. Used as a shaving soap it gives a rich creamy lather and softens the beard. It is also excellent for cleaning the teeth and doesn't leave any bitter taste. Zam-buk Soap is perfectly pure and wholesome.

* * *

James and Joseph, twin sons of Mrs. M. Hazelden, Field Cottages, Framfield, Sussex, were cured by Zam-buk of very bad eczema. "I can't express my gratitude to Zam-buk for its wonderful work," writes the twins' mother.

* * *

To clean an artificial silk jumper rub it with a mixture of equal parts of salt, borax and white flour. Put it away for a few days; then take it out and shake it.

* * *

A little vinegar added to the water in which table glasses are rinsed will give an extra brilliance to the polish.

PREDICTIONS.

The conjunction of Mars and Neptune with the Sun in Leo this month will stir up strife in the Latin countries, especially France, and here it is seen that plots and schemes, deceptions and ambushes are rife. About the 8th there will be a critical problem for the Chancellor of the Exchequer to face. National finance will be under discussion and steps will be taken to straighten out the tangle of our fiscal fabric.

On or about the 22nd the Government shows signs of weakness, due to the development of financial strategy. The fiscal position will come in for considerable criticism, and there may be an attempt to obscure the facts. The crisis appears to develop from the 12th onwards, and reaches a climax in the third week.

The air is cleared on the 28th, when some guarantees are forthcoming to restore public confidence. The planetary positions are very adverse to the cause of France, which appears to suffer chiefly from intrigues and plots of a violent nature, and something in the nature of an insurrection is threatened after the 18th in that country. It cannot be said that the Government at home is either strong or effective, and much adverse criticism will have to be faced by those in authority. At this time we may look for a further development of German intrigue.

Indian affairs assume a very serious aspect. The Viceregal Lodge will be the scene of some unusual activities, not unmixed with grave dangers. The British star rides high, however, and we shall pull through at all events. Traffics show dangerous elements. Some accidents on railways occur.

The weather is fine and the heat unusual.

MOON'S PHASES.

Last Quarter, 4th	... 7.22 p.m.
New Moon, 12th	... 11.17 a.m.
First Quarter, 19th	... 6.7 a.m.
Full Moon, 26th	... 10.29 a.m.

Festered Foot from Holiday Mishap.—When playing on the shore Joyce Carruthers, of 37, Raise Street, Saltcoats, Ayrshire, fell on the rocks and tore her hands and feet. "Joyce had no less than 5 wounds on one foot," says Mr. Carruthers. "The places festered and discharged freely. For 5 months Joyce was in agony and the poultices and ointments we applied proved quite useless.

"It was only when we used Zam-Buk, which I'd heard a lot about, that the festering was checked. Zam-Buk soothed Joyce's pain very quickly and after a little perseverance the wounds were cleansed and healed up nicely with new skin.

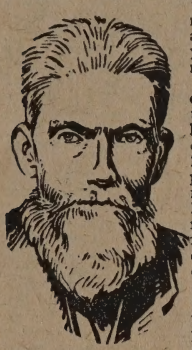
"We find Zam-Buk a great blessing for cuts, scratches, and sores. It's a grand healer!'

DISFIGURED 50 YEARS!

Overseer's Wonderful Cure.

MR. T. J. M. ROWBOTHAM, Asst. Overseer for the Parishes of Finningley and Blaxton, Yorks., was for 50 years an object of pity amongst his friends. Twelve years ago Zam-Buk completely cured him of his painful skin disease.

Mr. Rowbotham, who lives at Finningley, near Doncaster, said to a reporter :—"When I was 9 an eruption broke out all round my eyes. It never went away, and later it spread down my cheek and round my chin until my face looked like raw beef. There was a troublesome discharge and the skin was always inflamed and very irritable. I couldn't shave, and, besides being disfigured, I was never free from pain. I had to leave a situation in Shropshire and went up North, where for three years I attended the Infirmary. Still I got no better, and after suffering for 50 years I naturally thought my case was hopeless.



Mr. Rowbotham, Doncaster.

"I had often heard of Zam-Buk, and at last thought I'd see what this herbal balm really could do. Well, all I can say is, Zam-Buk is a remarkable preparation, for it cured me after everything else had failed. Zam-Buk got rid of all the corruption from my face, and the disfiguring sores gradually disappeared. In their place new skin grew, and at last I was free from torment. It is twelve years since Zam-Buk cured me, and there's never been the slightest sign of the disease returning."

ULCERS QUITE CURED.

Zam-Buk's Special Powers.

THE success of Zam-Buk in the treatment of ulcers is truly astonishing. No matter whether the ulcers are of recent development or have existed for years, Zam-Buk has a wonderful way of stopping suppuration and building up sound new tissue.

Ulceration may occur in any tissue of the body, and find its starting point in a cut, scratch, or wound, however small. People who are much on their feet render themselves particularly susceptible to ulcers. In appearance the ordinary simple ulcer is red, sloughy, and watery-looking, but with healthy edges ; whilst the chronic one, which occurs chiefly at the bottom of the leg, is swollen, dark red, and white and callous at the edges.

The affected parts should be liberally anointed with Zam-Buk and carefully bandaged to exclude air. During the treatment, plenty of nourishing food should be taken, milk, fresh vegetables and fruit in particular. If the Zam-Buk dressings be duly persevered in, the patient is soon likely to be on the high road to recovery. Zam-Buk cools, soothes, roots out disease, and completes the cure by growing healthy skin.

Zam-Buk

IS AS GOOD AS A DOCTOR IN OUR HOME

MOTHER'S PILES CURED.—"Zam-Buk has been a real blessing in our home," said Mrs. Sarah Taylor, of Weston Colville, near Newmarket, to a "Bury Free Press" reporter. "Ever since my first child was born, I suffered from itching piles. The attacks were so bad at times that I positively couldn't do my work.

"After suffering so long without getting relief, I thought I should never get better. But when I tried Zam-Buk I got such relief that I had hopes of being cured at last. And my hopes have been fully realised. Zam-Buk not only soothed the burning and itching ; this splendid balm also completely removed the piles, which never trouble me now.

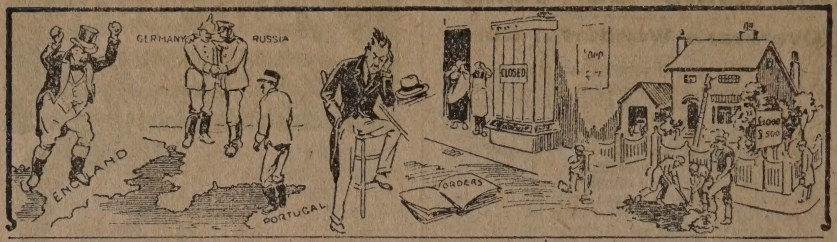
WILLIE'S POISONED FOOT HEALED.—"I was led to try Zam-Buk after it had cured Willie's poisoned foot, caused by the chafing of his boot. The skin got very inflamed, and after scaling it broke into a nasty running sore. The poor boy was in agony. All my home - made remedies failed completely. Only Zam-Buk could soothe the pain, check the poison and heal Willie's foot with new skin. I firmly believe that **but for Zam-Buk our boy would have lost his foot.**

ELSIE'S ITCHING SORES.—"A little pimple on Elsie's face started an outbreak of festering sores. Through scratching the itching places, Elsie's fingers were affected as well. The poor child got no peace until we smeared Zam-Buk over the sores. The itching then died away. Zam-Buk cleared off every sore, leaving Elsie with a beautiful new skin.

"Ernest, aged five, will tell you it was nothing but Zam-Buk that cured his sore feet.

SORE FEET, CHILBLAINS, Etc.—"When my two boys had bad toes through broken chilblains. Zam-Buk soon soothed and healed the sore places.

"When the children fall or knock themselves, they always ask for Zam-Buk. Indeed, I have proved Zam-Buk is as good as a doctor in our home. For years now I have never been without a box of this splendid balm."



Remarkable Events, Feasts, etc.		
1	S	Partridge shooting begins.
2	S	14th Sunday after Trinity.
3	M	Oliver Cromwell died, 1658.
4	Tu	France a Republic, 1870.
5	W	Malta capitulated to British, 1805
6	Th	Burgess swam Channel, 1911.
7	F	Grace Darling's rescue, 1838.
8	S	Zeppelin raid on London, 1915.
9	S	15th Sunday after Trinity.
10	M	Viscount Lascelles born, 1882.
11	Tu	Jewish Year 5684 begins.
12	W	Rt. Hon. H. H. Asquith b. 1852.
13	Th	General Wolfe died, 1759.
14	F	F.-M. Sir W. Robertson b. 1859.
15	S	Russia a Republic, 1917.
16	S	16th Sunday after Trinity.
17	M	Rt. Hon. A. Bonar Law b. 1858.
18	Tu	Dr. Johnson born, 1709.
19	W	(20) Battle of Alma, 1854.
20	Th	Delhi Day, 1857.
21	F	Sir W. Scott died, 1832.
22	S	Dogger Bank outrage, 1904.
23	S	17th Sunday after Trinity.
24	M	(23) Wilkie Collins died, 1889.
25	Tu	Lucknow, 1857—Loos, 1915.
26	W	King of Denmark born, 1870.
27	Th	Hindenburg Line broken, 1918.
28	F	F.-M. Earl French born, 1852.
29	S	*Michaelmas Day.*
30	S	18th Sunday after Trinity.

USEFUL HINTS.

The difficulty of preparing and getting herbs at the right season and in the right condition is the obstacle to herbal medicines.

* * *

The production of Zam-buk is a testimony to patience and scientific progress.

* * *

Mildew can be removed by soaking the affected garment in buttermilk.

Stand on a mat whilst at the wash tub. Damp shoes are a common cause of colds.

* * *

You can always depend upon Zam-buk, which is a rare herbal balm, altogether different from any common ointment.

* * *

To cycle 12,000 miles is a rare test for a limb recently pitted with ulcers. Yet a wonderful cure by Zam-buk made this feat possible for Mr. Wm. Lynch, of 14, St. John's Road, Highgate, E.C. "Zam-buk rid me of my awful ulcers after doctors and infirmary treatment had signally failed," he says. "My leg is now as firm as a rock."

PREDICTIONS.

About the third of this month we may look for a beneficial treaty and an expansion of facilities for transport, together with some beneficial increase of postal and other means of communication. The sun is eclipsed in Virgo on the 10th, which is of bad augury to Turkey and the Near East generally.

On or about the 10th we are suddenly faced with danger of a rupture in our diplomatic relations with Portugal. At the same time our enemies will find occasion to press their schemes against us, and affairs seem to take a bad turn, reaching a climax about the 20th, when a very serious position will have to be faced by the Ministry. Our trade conditions will be panicky and the money market agitated, while our exports will show a decided drop, there being a marked lack of confidence in all directions. It is questionable whether the Government can stand, and until the next Quarter Day there are many dangers to be faced.

Farming prospects are not good at this time and for many reasons property values will decline. There will be some changes in Ministerial circles. Boating and shipping accidents occur among holiday-makers. But it is well to observe that the labour market is good and that equitable conditions prevail for the maintenance of efficient service. At the entry of the Sun into Libra the indications are far from peaceful. Revolutionary measures will spread panic conditions over our trade, and will affect the money market seriously. About the 23rd we may look for Republican plots.

The weather is chill and wet for the first fortnight and then milder, with increasing wind pressure mid-month.

MOON'S PHASES.

Last Quarter, 3rd	...	0.47 p.m.
New Moon, 10th	...	8.53 p.m.
First Quarter, 17th	...	0.4 p.m.
Full Moon, 25th	...	1.16 a.m.

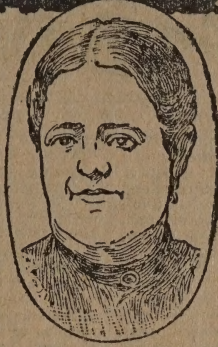
Footballer's Poisoned Leg Healed.

"While playing football I got a kick on my left ankle," writes Mr. A. G. Haines, of 7, London Road, Handsworth, Birmingham. "The skin broke and left a poisoned sore which got as big as a five-shilling piece. The discharge made me very weak and the pain was nearly unbearable. **My leg swelled from knee to ankle.** I had doctor's treatment and tried besides a lot of ointments, but for 4½ years the leg showed no signs of healing.

"Then a friend persuaded me to try Zam-Buk, which soon *soothed the pain and took away the inflammation and poison.* Then the big sore healed up with new skin. My leg is now perfectly sound, thanks to Zam-Buk."

Rusty Nail Caused BLOOD-POISONING

Zam-Buk Saved a Mother's Crippled Foot.



Mrs. J. Newsome, Dewsbury.

A RUSTY nail in an old house boot scratched Mrs. J. Newsome's foot and started blood poison, which Zam-Buk alone was able to cure. Mrs. Newsome is a typical Yorkshire woman, and lives at 114, Huddersfield Road, Dewsbury.

"After it was scratched, my foot quickly got poisoned," she told a reporter. "I was so badly crippled I never went out of the house for three years, and **for 12 months I couldn't even get upstairs.** The pain was awful and I suffered agonies. Doctors' and ordinary ointments and remedies failed to bring me relief. Infirmary treatment was also in vain and my foot remained in a shocking state.

"Then one day my son was strongly advised to get me to give Zam-Buk a trial. I hadn't used this herbal balm long before I was convinced of its extraordinary healing powers. Not only was the dreadful pain soothed; the inflammation and proud flesh also disappeared.

"It was grand to find Zam-Buk cleansing and healing my foot so nicely, so I persevered regularly with the dressings and gave my foot all the rest possible. As a result, new healthy skin finally grew over the old sore place and I could get about again as well as ever. I have had no trouble with my foot since Zam-Buk healed it six years ago."

Zam-Buk Soap

MEDICINAL & TOILET

FOR those people who have trouble with their skin, Zam-Buk Medicinal Soap is a great boon. Zam-Buk Soap is a strictly *Medicinal* Soap made from the finest materials. It is super-fatted and guaranteed to be entirely free from the uncombined alkali which makes cheaper soaps so unsafe to use upon delicate skins.

Zam-Buk *Medicinal* Soap is admirable in conjunction with Zam-Buk Balm in cases of obstinate skin-disease. Sold by Chemists and Drug Stores in large 1/- tablets, or box of 3 large tablets for 3/-. Post Free at same prices from The Zam-Buk Laboratories, Leeds.

FIRST-AID HINTS.

THE following concise directions will be found useful in those emergencies of daily life where an efficient and ever-ready first-aid like Zam-Buk is indispensable.

CUTS, ABRASIONS, Etc.—First cleanse the broken surface of the skin with warm water and, if needed, with a little Zam-Buk *Medicinal* Soap. After drying tenderly, smear Zam-Buk over the affected part and cover up with a handkerchief or lint bandage.

BURNS AND SCALDS.—Cut off the clothing from the injured part. Do not attempt to drag it off, and if any adhere to the burn, soak it off in tepid or cold water before attempting to dress the limb. Apply Zam-Buk spread first on strips of lint; after the lint, place a layer or two of cotton wool, and then bandage carefully, so that the dressing remains in place. Cover the wound with Zam-Buk as soon as possible after the accident, to protect it from the action of the air.

SPRAINS AND STRAINS.—Apply hot fomentations and, when the swelling has subsided somewhat, anoint the injured part liberally with Zam-Buk, then bandage firmly, but not so tightly as to impede the circulation. Rest a few days.

BLOOD POISON.—Apply Zam-Buk night and morning to the affected part, which must always be first well cleansed. Take a reliable aperient pill at bedtime. Consult your doctor if the case is a severe one with great pain and swelling.

RHEUMATISM AND MUSCULAR PAINS.—Rub Zam-Buk nightly into the parts affected, as it makes an excellent embrocation, being warming, invigorating and searching; then cover with warm flannel.

SPECIAL NOTE.—The importance of perfect cleanliness cannot be over-estimated. Bear in mind (1) that the hands should be carefully washed before applying Zam-Buk; (2) to always use clean rags, and burn old ones; (3) to keep your box of Zam-Buk covered, and never to put any back into the box after a dressing.

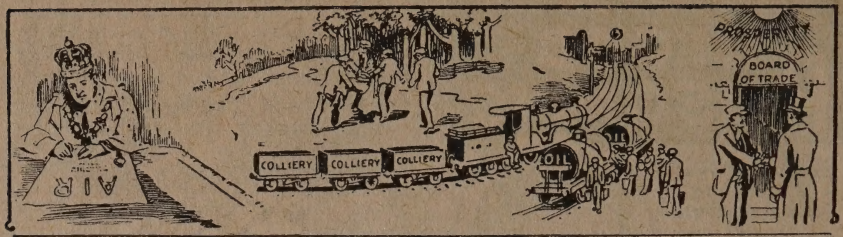
TRY ZAM-BUK FREE

YOU have only to put Zam-Buk to a personal test to be convinced of its extraordinary skin-curing and healing virtues. You can make this test free of all charge simply by sending your name and address on a postcard to The Zam-Buk Laboratories, Leeds, and asking for a Free Sample Box of Zam-Buk.

Together with this Free Box you will receive a little booklet containing some valuable information on the treatment of the many complaints for which Zam-Buk is unequalled the world over. When writing, please mention that you saw this offer in "The Green Book of Prophecies, 1923."

Zam-Buk is 20 times more healing than any fatty salve.

OCTOBER. 1923.



Remarkable Events, Feasts, etc.

1	M	Pheasant Shooting begins.
2	Tu	Great Flood, South Texas, 1913.
3	W	American Tariff Bill, 1913.
4	Th	Germany proposed Armistice, 1918
5	F	Allies Landed Salonika, 1915
6	S	Serbia Invaded, 1915.
7	S	**19th Sunday after Trinity.**
8	M	Battle of Loos, 1915.
9	Tu	Battle of Cambrai, 1918.
10	W	Dr. Nansen born, 1861.
11	Th	(10) Panama Canal completed, '13
12	F	Nurse Cavell shot, 1915.
13	S	(14) Battle of Hastings, 1066.
14	S	**20th Sunday after Trinity.**
15	M	Britain dec. War on Bulgaria, 1915
16	Tu	Rt. Hon. Aus. Chamberlain b., '63
17	W	Last English Lottery, 1826.
18	Th	*St. Luke the Evangelist.*
19	F	Dean Swift died, 1745.
20	S	1st Battle of Ypres, 1914
21	S	**21st Sunday after Trinity.**
22	M	Sarah Bernhardt born, 1845.
23	Tu	Battle of Aisne, 1917.
24	W	French Victory at Verdun, 1916.
25	Th	Agincourt, 1415—Balaclava, 1854.
26	F	Bishop Boyd-Carpenter d., 1918.
27	S	(28) Ex-Pres. Roosevelt born, 1858
28	S	**22nd Sunday after Trinity.**
29	M	Sir Walter Raleigh executed, 1618
30	Tu	Turks surrendered, 1918.
31	W	*Hallowmas Eve.*

USEFUL HINTS.

Note for Workshops.—An ideal first-aid outfit consists of one large gauze compress; one yard antiseptic gauze; a roll of compressed boric lint; piece of waterproof tissue; compressed bandages, 1 and 2 inch widths; one roll of ½-inch adhesive plaster; finger stall; pair of scissors; safety pins; a 3/- box of Zam-buk (it must always be kept closed when not in use); and a small bottle of sal-volatile for fainting subjects.

* * *

A newly-shod horse kicked Mr. R. Rodgers, of 61, Lumley Street, Middlesbro', on the thigh. "A big wound was made," he says, "and I was off work for weeks in awful pain. I believe I'd have been idle yet if I hadn't used Zam-buk and got the wound healed up firm and strong."

* * *

To dry damp store cupboard fill a saucer with quicklime and renew every two or three days.

* * *

When dressing a burn or scald always turn the fluffy side of the lint away from the skin.

PREDICTIONS.

At the outset of the month we may look for the passage of some overtures which will serve to ameliorate conditions. At the same time it is shown that our aerial services will be considerably expanded. Some trans-continental service will be developed.

But about the 13th there are indications of a disaster in the air such as to prejudice the interests of our new line of defence. Nevertheless there will be Governmental support to all such ambitions about the 26th, when projects for the betterment of our communications will be discussed. It is not unlikely that some treaty will be signed in connection with the airways. The general indications point to some lawlessness and strife among the people, much excitement in London, and some notable crimes.

Land reforms will be on the table for discussion. Railway traffics will decline, and there may be trouble with engineers and transport workers. The oil industry will prosper, and Labour generally will be benefited.

Deaths from violence will be numerous in some parts, and India appears to be subject to internal strife. Our exports will not be very encouraging, and although the Exchequer is adequate for all calls upon it, yet the Government is weak and vacillating. Austria suffers heavy losses, and its trade is in a very poor way. Japan suffers national bereavement.

The weather opens with high winds, which give way to heavy rains about the 9th. Further depression is experienced about the 17th. In the last week better conditions prevail.

Moon's Phases.

Last Quarter, 3rd	...	5.29 a.m.
New Moon, 10th	...	6.5 a.m.
First Quarter, 16th	...	8.54 p.m.
Full Moon, 24th	...	6.26 p.m.

Healed his Scalded Foot.—"I upset a kettle of boiling water and scalded my foot badly," writes Mr. T. H. Bracy, 77, Sladefield Road, Ward End, Birmingham. "The skin broke and a raw, festering sore formed. This was extremely painful and much inflamed. I could hardly bear to put my foot to the ground. For weeks I suffered, and nothing seemed able to heal my bad foot.

"Having *used Zam-Buk with good results for chilblains* I now tried it again. Zam-Buk gave me early relief and drew out the inflammation. Every dressing brought a decided improvement, and in a short time all the soreness and festering had gone and the wound was closed up and covered with new healthy skin."

It pays to keep Zam-Buk handy in the home.

PREACHER'S LEG SAVED.

A Most Remarkable Cure.

MR. C. W. JARVIS, a well-known preacher amongst Strict Baptists, who lives at 13, Aldred Road, Walkley, Sheffield, has found Zam-Buk a really marvellous healer.

"Some time ago," the preacher said to a reporter, "I caught the calf of my left leg on a piece of iron and scraped a bit of skin off. My leg became swollen and inflamed, and the doctor gave me some ointment. Nevertheless a bad ulcer developed. Four more ulcers also broke out and discharged a lot of matter.

"I continued the doctor's treatment for some time. Then, as my leg was decidedly worse, **the doctor advised me to have the limb amputated.** This I would not agree to, though I was in dreadful pain day and night.

Mr. C. W. Jarvis, Sheffield.

I was talking about my leg one day to a friend, who at once suggested I should give Zam-Buk a trial. So I bought a box of this antiseptic healer.

"Zam-Buk proved splendidly effective! It was so soothing and cleansing. In due time the places began to look more healthy, for Zam-Buk drew out all the bad matter. As I continued the Zam-Buk treatment patiently, the big holes gradually filled up with healthy tissue.

"I am now completely cured, and my leg is covered with new, healthy skin. I can walk any distance without feeling discomfort from it. And it is all due to Zam-Buk."

THE FULFORD POWDER

For Babies' & Ladies' Toilets.

FOR all soreness of the skin, and for preserving the delicacy of the complexion, there is nothing to equal The Fulford Powder, which is remarkable for its wonderful purity, unapproachable fineness, and great soothing power. It suits the most sensitive skin, and is invaluable for alleviating the irritation to which babies are subject, blemishes and itching skins in adults, sunburn, excessive or offensive perspiration. Sold in handsome tin boxes, containing patent dredger and downy puff, at 1/6. Cardboard refil packet 10d. Of all Chemists.

Chapped Hands & Chilblains

Frost-Bite, and Cold-Sores

Swollen Hands and Feet.

WHEN your hands, arms, face or neck get rough and sore, or begin to bleed, you should at once use Zam-Buk. In addition to its magic soothing and healing influence, Zam-Buk possesses powerful antiseptic properties which are invaluable in keeping the inflamed and broken skin free from disease germs, festering, and blood-poison.

On the first signs of roughness or soreness, dressings with Zam-Buk will speedily restore the skin to a sound and healthy state. Should the skin be already broken, Zam-Buk, which is **purely herbal** and of exceptional refinement **and medicinal power,** will soothe and relieve pain, and quickly heal the cracks and sores.

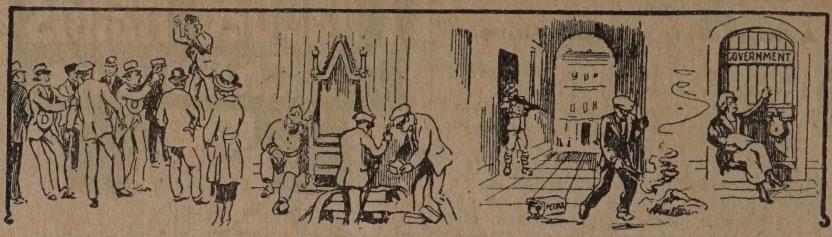
Simply smear a little Zam-Buk either direct on to the sore places, or by spreading on a piece of lint and wrapping up carefully. Let Zam-Buk soak all night into the tissues. An old pair of gloves slit up the palms will prevent the bandages being loosened during the night.

"My hands used to get badly chapped through working in water," writes Mrs. Beatrice G. Gretton, 7, Jones' Buildings, Ladymoor, Bilston, Staffs. "First inflamed and swollen, they cracked into big deep sores, terribly painful and itchy. I got no good at all from cheap ointments, but Zam-Buk relieved the pain and irritation and healed the deep sores beautifully.

"That was many years ago, and I have never had any trouble with my hands since. I always keep a box of Zam-Buk handy in the house, and in addition to healing little cuts and sores, Zam-Buk also healed my foot, which was badly scalded some time ago. I've never seen anything to equal this Zam-Buk for the skin."

Try Zam-Buk Free.
Read bottom of page 19.

NOVEMBER. 1923.



		Remarkable Events, Feasts, etc.
1	TH	*All Saints' Day.*
2	F	Indian Empire proclaimed, 1858.
3	S	Yarmouth bomb. by Germans 1914
4	S	**23rd Sunday after Trinity.**
5	M	Guy Fawkes' Day.
6	TU	Paschendale, 1917.
7	W	(8) Fall of Tsing-tau, 1914.
8	TH	John Milton died, 1674.
9	F	King Edward VII. b. 1841.
10	S	(9) *Emden* sunk, 1914.
11	S	**24th Sunday after Trinity.**
12	M	(11) Armistice signed 11 a.m., 1918
13	TU	Battle of Ancre, 1916.
14	W	Lord Roberts, V.C., died, 1914.
15	TH	Lge. of Nations 1st Mtg. Genoa, '20
16	F	Suez Canal opened, 1869.
17	S	1st War Loan, 1914 (£350,000,000).
18	S	**25th Sunday after Trinity.**
19	M	Charles 1st born, 1600.
20	TU	Count Tolstoi died, 1910.
21	W	German Fleet surrendered, 1918.
22	TH	"George Eliot" born, 1819.
23	F	Crippen hanged, 1910.
24	S	Sir Hiram Maxim died, 1916.
25	S	**26th Sunday after Trinity.**
26	M	Queen Maud of Norway b., 1869.
27	TU	Two Zeppelins destroyed, 1916.
28	W	Cardinal Wolsey died, 1530.
29	TH	Ad. Beatty appt'd Com. G. Fleet.
30	F	2nd Battle of Cambrai, 1917. [1916.

USEFUL HINTS.

Damp weather hints.—Silver articles should be rubbed lightly with rag dipped in olive oil; this prevents tarnishing. Brass ware should be done lightly with vaseline after cleaning.

* * *

For a bad cold.—"Rubbed on the bridge of the nose, Zam-buk always helps to clear away a cold," says Mrs. G. Harris, High Street, Stewkley, nr. Leighton Buzzard. "Zam-buk cured my husband's eczema and piles, and I find it splendid for bunions."

* * *

Zam-buk is so refined that it soaks naturally into the skin WITHOUT any need of rubbing. Dress your skin daily with this pure herbal Zam-buk and it will put you in better health. Nothing like a rub down with Zam-buk for that "vigorous well feeling."

* * *

Silver spoons and forks which are in daily use may be kept bright by leaving them once a week in strong borax and water for several hours. The water should be nearly boiling when the silver is put into it.

PREDICTIONS.

About the 3rd of this month a critical position is reached in the money market, and for three days conditions will be critical. Our trade will suffer in consequence of this agitation, and it is by no means unlikely that military and naval orders will be issued. The Government order to stand by seems to point to a very crucial position.

It may be anticipated, however, that there will be some remedial protection afforded about the 9th, which in effect may avert a catastrophe. But in reaction it appears that a strong Bolshevik movement among a certain class of irresponsible firebrands will cause much trouble about the 12th, and the stationary position of two malefic planets on the 23rd of the month will set in motion a series of nefarious activities designed to overthrow the existing order and form of Government.

It seems quite clear that the month is destined to be a critical one for home affairs, and much wisely-directed strength will be needed on the part of the authorities to avoid disaster. It seems impossible to escape a considerable amount of trade depression in this connection, and some protective measures may have to be extended over food traffics. Property will be endangered and serious loss will occur in many ways. There will be unusual cyclones and gales towards the end of the month and deaths from exposure and poverty.

The Government will be effectual for good, but some wild scenes will be witnessed in connection with incendiary acts, and the authorities are warned to be on their guard.

The weather will be fine for a fortnight and then stormy, with high winds.

15 Years' Piles Cured.—As the result of a chill, Mrs. A. Smith, of 69, Brighton Road, Godalming, got piles. "For 15 years they troubled me," she writes. "The pain was intense and I lost so much blood I became terribly weak. I could neither sit nor walk in comfort, and for months at a time I was unable to do housework. Nothing seemed able to rid me of the piles.

"When a doctor suggested an operation I used Zam-Buk instead, and soon began to feel better. It was grand to get relief from the awful itching and pain. The bleeding stopped and at last the piles ceased troubling me in any way. I've had no return of the piles since Zam-Buk cured me. Zam-Buk is a wonderful balm!"

There's nothing like Zam-Buk for keeping you free from rheumatism and other winter troubles.

MOON'S PHASES.

Last Quarter, 1st	...	8.49 p.m.
New Moon, 8th	...	3.27 p.m.
First Quarter, 15th	...	9.41 a.m.
Full Moon, 23rd	...	0.58 p.m.

Zam-Buk Cures are Lasting

THE remarkable cures daily worked by this herbal Zam-Buk stand the test of time because this rare balm (unlike mere mineral ointments) actually removes disease germs, draws out blood-poison, and really grows new skin.

ULCERS CURED 10 YEARS AGO.—Mrs. J. Cass, 23, Sackville Street, Ravensthorpe, Dewsbury, writes:—"For 15 years I had an awful leg. Two big ulcers crippled me and caused me days of agony. After everything else had failed Zam-Buk healed the ulcers beautifully. That was ten years ago and my leg hasn't given me any trouble since."

10 YEARS WITHOUT A SORE.—"Doris was disfigured by itching sores on her face," writes Mrs. C. A. Hughes, 7, St. Andrew's Square, Ermine St., Huntingdon. "For many months these sores kept breaking out, and no ordinary ointment was any good. I finally got Doris's skin clear by using Zam-Buk. That was 10 years ago, and Doris has had a nice healthy skin ever since."

RINGWORM PERMANENTLY CURED.—Edith Vear had over 100 ringworms on her head and body. "We were up with her night and day," says Mrs. Vear, 41, Gwilliam St., Windmill Hill, Bedminster, Bristol. "The child's skin was a mass of sores which we couldn't clear away until we used Zam-Buk. Edith was completely cured by Zam-Buk, and for the last 8 years her skin has been wonderfully healthy."

PILES CURED 6 YEARS AGO.—"I suffered terribly from piles for 12 years," writes Mr. J. Webster, 232, Tong Rd., Armley, Leeds. "I spent pounds on remedies that proved useless, and an operation seemed my last hope. Luckily I then got Zam-Buk, which completely cured me when everything else had failed. That was 6 years ago, and I have been quite free from piles ever since."

15 YEARS AND NO RETURN OF RUNNING SORES.—"Seven years ago I tore my left leg at work," says Mr. R. L. Zeller, 56, Hertford Road, Enfield Wash, Midd. "Deep running ulcers formed and I was crippled. After 2 years' failure with hospital treatment and ordinary ointments, I used Zam-Buk, and my leg was soon healed up. For 15 years now it has been as sound as ever it was, thanks to this wonderful Zam-Buk cure."

NO TRACE OF SEVERE SCALD.—"Zam-Buk healed my foot 5 years ago, and I've not had any bother with it since," writes Miss May Wootten, from Hermitage Street, Crewkerne, near Yeovil. "I upset a pot of boiling water over my foot, and for weeks the scalded surface was red raw and awfully painful. Zam-Buk drew out the inflammation and healed my foot beautifully. There is absolutely no trace of the big sore place now."

CONVINCING CURE OF ECZEMA.—Mr. W. Birch, 145a, Earle Road, Liverpool, had a severe attack of eczema on his face, which defied every treatment but Zam-Buk. "I was surprised at the quick and complete way Zam-Buk cured me," says Mr. Birch, "and the new skin Zam-Buk grew has kept wonderfully healthy during the 5 years that have passed since I was cured. Zam-Buk is certainly a rare cure for skin disease."

COMPLETELY RID OF BLOOD-POISON.—"I got poison in my fingers through dressing my children's sore faces," writes Mrs. W. F. Ball, 368, Woolwich Road, Charlton, Kent. "The poison spread under my skin and I couldn't get it away until I used Zam-Buk. Besides healing my fingers, Zam-Buk also healed the children's sores. That was six years ago and none of us has been troubled with our skin since."

RINGWORM & SCALP SORES

RINGWORM is a disease caused by parasites and is very contagious. It usually breaks out on the head in the form of small patches. The scalp gets red and swells slightly; the hair becomes brittle and dies away; and the bald, inflamed patches are gradually covered with a hard crust.

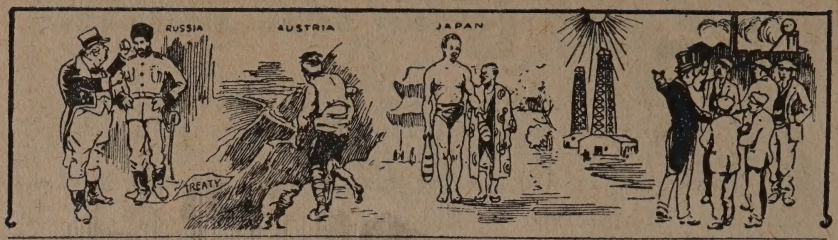
Often a batch of pimples accompanies an attack of ringworm. These pimples burst and discharge matter which causes the hair to get matted.

The astonishing success of Zam-Buk in the treatment of ringworm and other infectious head sores is due to its unique ability to destroy the germs of disease. Zam-Buk gets right to the root of the trouble, and its wonderful curative and soothing properties quickly make an improvement in the patient's condition. It is usually advisable to cut the hair quite short; then wash

the affected parts carefully with Zam-Buk *Medicinal* Soap before applying Zam-Buk Balm. Cover the scalp with soft clean rags. Zam-Buk will soothe the itching, soften and remove the hard scabs, and stimulate the hair follicles to healthy growth.

Parents should keep Zam-Buk always handy and dress any part of a child's scalp or skin which shows the least sign of soreness. By this means many a severe attack of disease can be prevented. It should be remembered that no mere ointment can possibly possess the disease-killing and skin-growing power of Zam-Buk.

DECEMBER. 1923.



		Remarkable Events, Feasts, etc.
1	S	Queen Alexandra born, 1844.
2	S	**1st Sunday in Advent.**
3	M	Robt. Louis Stevenson died, 1894
4	Tu	Thomas Carlyle born, 1795.
5	W	Admiral Lord Jellicoe born, 1859.
6	Th	British Troops ent. Cologne, 1918
7	F	Lloyd George aptd. Premier, 1916
8	S	Battle off Falklands, 1914.
9	S	**2nd Sunday in Advent.**
10	M	Jerusalem occ. by Gn. Allenby,'17
11	Tu	Magersfontein, 1899.
12	W	Robert Browning died, 1889.
13	Th	U.S. Troops across Rhine, 1918.
14	F	Duke of York born, 1895.
15	S	(16) East Coast Bombarded, 1914.
16	S	**3rd Sunday in Advent.**
17	M	Sir H. Tree b., 1853, d. 2nd July,'17
18	Tu	Egypt. British Protectorate, 1914
19	W	J. M. W. Turner, artist, died, 1851
20	Th	Prince George born, 1902.
21	F	Bolton, Pretoria, Coll'y. Disas. 1910
22	S	D. L. Moody died, 1899.
23	S	**4th Sunday in Advent.**
24	M	Lord Morley born, 1838.
25	Tu	*Christmas Day.*
26	W	*Boxing Day.*
27	Th	(28) Messina Earthquake, 1908.
28	F	Tay Bridge Disaster, 1879.
29	S	Gladstone born, 1809, died, 19/5/98
30	S	**1st Sund. after Christmas.**
31	M	Rudyard Kipling born, 1865.

USEFUL HINTS.

Mothers are strongly recommended to buy for preference the 3/- size of Zam-buk. It contains nearly four times the quantity for less than two-and-a-half times the price. And Zam-buk will "keep" indefinitely, which fatty ointments won't do!

* * *

After having washed lamp chimneys with soap and water, scald with clear water. They can be dried much more quickly and will be perfectly clear.

* * *

The Birmingham A.F.C. are great believers in Zam-buk. "Our trainers use Zam-buk very extensively," writes Mr. F. H. Richards, the Secretary-Manager, "and they find it very effective for healing cuts, preventing blood-poison and keeping muscles supple."

* * *

It is only the elaborate process and the large scale on which Zam-buk is produced that makes it possible to sell it at a price within reach of the most modest purse. It is all of it medicine—not a few drugs stuck in a large body of useless fat, which is usually the case with cheap ointments.

PREDICTIONS.

The conjunction of Mars and Saturn at the beginning of this month is a warning of forthcoming troubles in the Far East, affecting Japan chiefly. In the Near East, Austria is more likely to register the worst effects of this portent. The influence extends over some years. The indications are otherwise bad for Spain, France and Russia, and these countries will come into prominence in politics.

A very critical condition of the money market is due to mature about the 7th and onwards to the 12th, during which period there will be much excitement and severe losses sustained by trade. A revision of credits and an attempt to stabilise the markets will be made. There are signs of much discontent and real need among the people, whose condition is a source of much anxiety. Conflicting forces threaten the stability of the aerial communications, and severe losses are incurred.

Farming and property interests now show some improvement. Some expansion of our oil trade may be expected, and new sources of supply are likely to add great value to certain properties. Educational measures are ineffectual for good. Labour now gets the virus of unrest into its blood, and there will be some serious outbreak among the miners. Coal will go up to high figures if this outbreak matures. Our relations with Russia will be altogether unsatisfactory, and no treaty will hold. Deaths from smallpox and measles will be numerous. The Exchequer faces difficult problems and the Government is divided.

The weather will be cold and stormy, and there are all the signs of a hard winter.

ZODIACUS.

Moon's Phases.

Last Quarter, 1st	...	10.9 a.m
New Moon, 8th	...	1.30 a.m
First Quarter, 15th	...	2.38 a.m
Full Moon, 23rd	...	7.33 a.m
Last Quarter, 30th	...	9.7 p.m.

Hands Chapped to the Bone.—"I had awful hands in winter," writes Mr. I. Davies, of 13, Garden Place, Mold, N. Wales. "The joints and knuckles were laid open almost to the bone, whilst the palms and backs of my hands were red raw. I was never free from bandages. Putting my hands in water fairly made me dance with pain. I tried no end of salves and ointments but they did no good. After a wonderful experience my wife had with Zam-Buk, I tried this herbal balm and it soothed away all my pain and healed my hands with strong new skin. I've never had any trouble with them since.

"Zam-Buk also healed my wife's badly ulcerated leg and my daughter's severe wound as well."

Zam-Buk is The World's Greatest Healer and Skin-Cure.

There's Nothing to Compare with

Zam-Buk

FOR

ABRASIONS	ECZEMA (Dry)	SCRATCHES
ABSCESSES	ECZEMA (Hereditary)	SCURF IN THE HAIR
BABY'S SORES	ECZEMA (Weeping)	SHAVING SORENESS
BACK PAINS	FESTERING SORES	SORE ACHING FEET
BAD LEGS	FROST-BITE	SORE BACKS
BED SORES	HÆMORRHOIDS	SORE FACES
BLACKHEADS	INFLAMED PATCHES	SORE LIPS
BLOOD-POISON	INSECT BITES AND STINGS	SORE NIPPLES
BOILS	ITCH	SORE THROAT
BRUISES	NEURALGIA	SPRAINS
BURNS	PILES (Bleeding or Blind)	SPREADING SCABS
CHAFINGS	PIMPLES	STIFFNESS
CHAPPED HANDS	POISONED WOUNDS	STIFF NECK
CHILBLAINS	PROUD FLESH	STRAINED MUSCLES
CHILDREN'S SORE HEADS	PSORIASIS	SWELLINGS
CHRONIC SORES	RASHES	SWOLLEN KNEES
COLD IN HEAD	RHEUMATISM	SYCOSIS
COLD ON CHEST	RINGWORM	TEETHING RASHES
COLD-SORES	RUNNING SORES	ULCERS
CUTS	SCALDS	WASP STINGS
DANDRUFF	SCALP DISEASE	and Inflamed and Irritable Conditions of the Skin.
DISEASED ANKLES		

PRICES:—Zam-Buk is sold only in the familiar green box which is enclosed in a sealed package. The Ordinary Size is **1/3**. A Large Family Size, containing *nearly four times* the quantity, may be had for **3/-**. This size is very economical for household and workshop. A still Larger-sized Box holding double the quantity of the 3/- box and *nearly 8 times* the 1/3 size, costs **5/-**. A Special Athlete's Box, equal to five 3/- boxes, **12/-**. Of all chemists, or post free for above prices from

THE ZAM-BUK LABORATORIES, LEEDS.

CONTAINS NO LARD & NO OTHER ANIMAL OIL OR FAT.
THE GREAT HERBAL BALM
Zam-Buk
"RUB IT IN"
FOR
· CUTS · BRUISES · BURNS · SCALDS · SPRAINS · PILES · PIMPLES · ECZEMA · BAD LEGS · ULCERS · RINGWORM · CHAPPED HANDS · RASHES · SORES · INSECT BITES · CHAFINGS · CHILBLAINS · RHEUMATISM · COLD-SORES ·
UNEQUALLED FOR SPORTSMEN AS AN EMBROCATION.
Proprietors
Zam-Buk

NOTE.—This is a facsimile of a box of Zam-Buk. It is always sold in a square cardboard package sealed with the Government Stamp.

DON'T ACCEPT ANYTHING ELSE.

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THE rare and costly herbs from which Zam-Buk is made are so skilfully blended and so medicinally good that this balm is endowed with unprecedented

HEALING

power It is concentrated curative energy. Zam-Buk, being of unique herbal origin, is quite different from ordinary ointments containing coarse mineral drugs and rancid animal fats. Zam-Buk is always reliable. Its wonderful

SOOTHING

action is second only to its valuable germicidal influence. Immediately Zam-Buk is applied to the broken or diseased skin, its strong

ANTISEPTIC

powers destroy any disease germs present and prevent festering and blood-poison. Having completed the antisepsis of a wound or sore, Zam-Buk grows sound new skin. Zam-Buk is the most effective and the most reliable skin-cure in the world.

THE BOX

it pays to keep Handy.